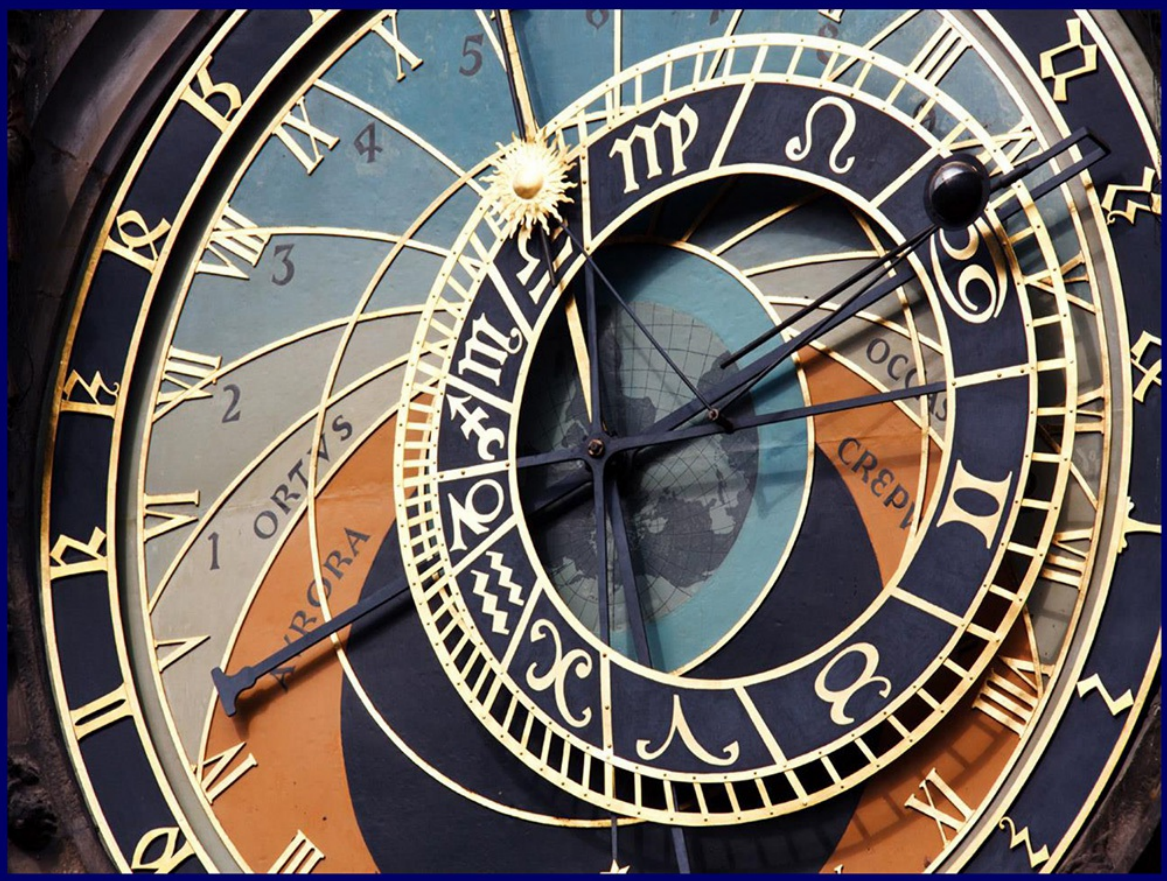
The Mystery of Time



Sal Rachele

with The Founders

The Mystery of Time

Sal Rachele

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About the Book

What is time? Is it merely a convenient way of measuring the movement of celestial bodies, or is it something much more? Why is it important to go beyond the daily clock and calendar? Are the secrets to life hidden within the mystery of time?

This book seeks to answer these questions and many more. The first part explains, through basic science, that we are much more than we have been led to believe. Within us is the key to Creation.

We are masters of time and space, but we have forgotten this. Our intention in these pages is to help you remember your magnificence.

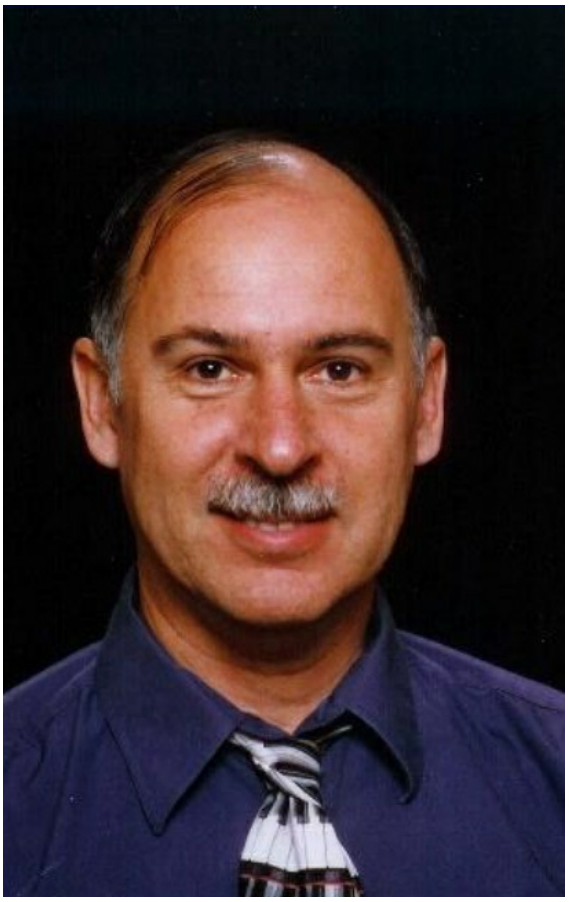
In the second part of the book, we offer practical applications of the ideas presented herein. A powerful new therapy is introduced that has already helped transform thousands of lives.

Are you ready to go beyond traditional healing and therapy? Can you gain the courage to look at the deepest layers of the subconscious mind? Perhaps you can experience, in a few sessions, more healing than in years of psychotherapy.

If you are receptive to the possibilities above, then open this book and begin the journey into a wonderful new awareness of self that goes beyond anything the world has to offer.

We are the ones we've been waiting for. — revised from the Hopi Elders

About the Author



Sal Rachele is a teacher, healer, mystic and priest with over 40 years' experience in the human potential field. He is the author of six books, including "*Life on the Cutting Edge: Second Edition*," "*Earth Changes and Beyond*," "*Earth Awakens: Prophecy 2017–2030*," "*Soul Integration*," and "*The Real History of Earth.*" He is the founder of Timeline Healing, a powerful therapy brought forth by his spirit guides. He co-founded the Sananda Mystery School. Sal conducts workshops, seminars and personal growth trainings around the world. His books have been translated into many languages worldwide. He is also a musician and recording artist.

In addition, Sal has created numerous guided meditations to assist you in applying the ideas presented in this book. To learn more about upcoming events in your area or to purchase a personal session or meditation, please visit Sal's website, www.salrachele.com, or send an email to srachele66@gmail.com.

Other Books by Sal Rachele

Earth Awakens
Earth Changes and Beyond
Life on the Cutting Edge
Real History of Earth
Soul Integration

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Foreword

Sometimes the things we take for granted in this world are among the most mysterious and hard to comprehend. Time is one of these. It seems to rule our lives, whether rich or poor, educated or not.

Most human beings spend 80 or 90 years on Earth and then the life they know is over. Advances in science and metaphysics suggest that there is more to life than a single birth-death cycle. Perhaps we have hundreds of chances to learn the lessons we came here to learn.

Yet even if reincarnation is true, inevitably the question arises, “What is the purpose of life?” That is perhaps the most asked question of all time and the most difficult to answer. There are no incorrect answers, nor are any complete answers possible. Life has the meaning that is given to it by consciousness. If you feel your life is meaningless, you will seem to live a meaningless existence. Such is the law of creative thought that forms the foundations of metaphysical truth.

It is counterproductive to live a life without meaning. You are better off assigning some arbitrary purpose to life and then seeking to live by that purpose. You will learn a great deal that way, including how to focus and direct energy.

The history of the world is fill ed with people who had a particular vision in life (sometimes very eccentric and unusual) and went on to create amazing things. Without realizing it, all of them learned to use time as an ally to accomplish their goals.

Time can be your friend or enemy depending on how you view it. Time can free or imprison you, shroud you in darkness or bring you enlightenment, although enlightenment itself is beyond time.

This book will likely challenge some of the ideas you have about time, while answering many of your long-held questions. Please do not blindly believe anything said within these pages. Put it to the test. Investigate. Explore. Be a true scientist and say, “I do not know, but I will find out the truth about time.”

Do not let existing theories and dogma keep you from discovering for yourself the secrets of the universe. There are very few souls on Earth who have awakened to the truth of Our One Being. We stumble onward, believing what the media and society tell us while the same problems keep coming up over and over. Clearly, we have not reached the true cause of our seemingly endless travails.

A few wise teachers have suggested that all our modern crises are in our consciousness. Illumined physicists say that all is consciousness, that there is nothing outside us at all, that everything we think we know is illusion. Many spiritual texts say that time is an illusion, and this is true or false, depending on how you look at it.

Whether or not time is real, this book will likely expand your horizons and give you some practical tools for dealing with this curious phenomenon we call time. I urge you to read and contemplate, and then read and contemplate some more.

— Sal Rachele

Introduction — What is Time?

The purpose of this book is to shed light on one of the least understood concepts in our world today. Although everyone seems to be at the effect of time and our world literally runs on so-called linear time, there are very few explanations of time that resolve the many mysteries surrounding it.

For example, is time travel possible? Can the past be changed? Is there a realm beyond time? How is time different in other worlds? Are there dimensions of time (as well as space)? Why does time seem to speed up as we grow older?

To those more metaphysically inclined, we have posed additional questions: Does thought create time? What is memory? What is timelessness? How do enlightened people perceive time?

And to theoretical scientists: "If it is nearly impossible to accelerate to the speed of light (due to mass approaching infinity), then how do you explain the presence of light in our universe? Has it always existed? How did light come to be if it did not start at a static state of zero velocity? What force or state of energy caused the Big Bang? What came before it?

This book is a collaborative effort between this author and his various spirit guides who reside in higher dimensions. You are urged to keep an open mind and simply explore this topic along with those beings bringing forth relevant information.

We are investigating the nature of time, without relying on traditional discoveries any more than necessary. We are questioning many of the basic principles of modern-day science, including the belief that nothing can go faster than the speed of light. We are looking into the role of consciousness regarding our perception of time.

In this book we will go into great depth on this topic. If you are already familiar with the author's previous books, you have some idea regarding his perception of time and space. While it is not our intent to duplicate what has been written previously, we will offer a bit of review in these opening pages.

Although we will start with a few basic concepts, the material will get increasingly more complex. We hope to explain advanced concepts in ways that you can easily understand even if you have little or no physics background. There will be almost no mathematics involved in our discussion other than a few basic definitions where math is inevitable.

For example, linear time (described as "horizontal" time in Chapter 1) can be defined as distance divided by velocity. If you travel 100 kilometers, at 100 kilometers per hour, 100/100 = one hour of time elapsed.*

Here are a few ideas that we will examine within this book:

- We are constantly creating new realities every moment. Timelines are continuously branching out into a wave-like formation. This is the Uncertainty Principle of quantum physics applied to consciousness and time.
- God is defined as *everything that is plus the source of everything that is*. God experiences life in two different ways — as each of us one at a time and as all of us simultaneously.
- All of Creation happens simultaneously; therefore, an infinite number of possible realities were created instantaneously (or are being created instantaneously) and we can choose to experience them sequentially over an infinite period of time.
- There is a concept that everything has already happened and we are simply choosing to re-experience it — we can re-experience timelines we have previously explored, as many

times as we like, or we can jump into new timelines that have already been created and experience those. At a very high level of consciousness, we may be able to create something that has never existed before in linear time.

- Let us state the above idea in a slightly different way: An infinite number of parallel realities/timelines have already been created and free will simply means we can choose which one(s) we want to experience. In many levels/dimensions, it seems we are creating something "new" when in fact, we are merely exploring a reality that has already been created. There may indeed be a realm where entirely new timelines are born, but this level of consciousness is far beyond the level of most human beings on Earth.

In the following pages, the answers to these conundrums, paradoxes and mysteries will be revealed as a joint effort between the author, his spirit guides and each one of you reading this. It matters not how much time has elapsed between the moment the author penned this and when you are reading it — your very presence as a reader is contributing to the creation of the models of reality brought forth in this material.

This author works with a group of higher-dimensional beings, known as the "Founders." These spirit guides will be adding occasional messages throughout this book. We ask you to keep an open mind with everything you read, regardless of where it comes from. Be willing to question anything this author or the Founders say. Do some research. Go into your exploration with an open mind, questioning appropriately. This means inquiring from a clear, calm, rational mindset, without playing "devil's advocate" or picking everything apart analytically.

The subject of time is astonishingly complex and difficult to grasp because our intellectual minds are a product of linear, three-dimensional time and space, and many of the concepts contained in this book cannot be adequately understood intellectually. You must employ deeper, more intuitive faculties to gain insight into the nature of higher dimensions, vertical time, parallel timelines, etc.

To keep this material from becoming too theoretical, we have included some practical applications of the ideas presented herein, including a treatise on timeline healing, a powerful new therapy that has the capability of far exceeding traditional psychotherapy. Keep reading to learn more about this technique.

I invite you to journey with me, not simply follow. We are exploring together the fabric of time and space and finding useful information that will truly help us understand our part in the Creation story. It will take time to read this book. You may need to re-read it a few times to grasp everything. Speaking of paradoxes, here is one: It takes no time at all to be who you are, but it seems to take a long time to realize who you are.

In the first chapter, we will give some very basic science and psychology that anyone can understand. Most of you studied these concepts in primary or secondary school, but perhaps not with the same emphasis that we are using here. As we go further into the book, we will refer to some of the more radical concepts that were presented in earlier material. If you have not read the earlier books, that is okay, but it would be helpful to understand the concept of multiple dimensions and aspects of Self that were given there. Refer to this author's website for information on prior publications (http://www.salrachele.com).

Thank you for being open to traveling with me to unlock the mystery of time.
— Sal Rachele

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* This simple equation is relevant when traveling at low velocities. If you are traveling at nearly the speed of light, a more

complicated set of equations must be used (Lorentz transformation). If you study the equations associated with Einstein's Special Theory of Relativity, you will note that as velocity approaches the speed of light, time approaches zero (or a standstill) while mass approaches infinity.

Chapter 1 — Linear and Nonlinear Time

To help you make sense of the complicated topic of time, we offer the following definitions:

- Linear (horizontal) time — A measurement of relative motion between two or more objects or states of reality. This is time by the clock and calendar and is useful at everyday speeds and situations.
- Nonlinear (vertical) time — The state of eternal NOW that exists throughout all dimensions of reality. From a certain perspective, this is the only time there is, and linear time is contained within the larger universe of the eternal NOW.
- Bose-Einstein Condensate — The static state of the universe that exists at absolute zero temperature. In the Bose-Einstein Condensate there is, essentially, no linear time at all since there is no movement.
- Natural Harmonic Time Compression — This is the tendency of psychological time to move faster at higher levels of consciousness or in higher dimensions. This is not to be confused with the illusion of faster time that occurs later in life (this is described in more detail later).
- Natural Harmonic Time Expansion — Refers to the ability to expand psychological time (slow down time), such as during the dream state, or the natural expansion of time in lower dimensions. It is also possible to manipulate time in order to accomplish more within a given period of linear time.
- Dominant Timeline — The way things actually manifest in the material world. It consists of both personal and collective levels of reality. You can have multiple dominant timelines because there are multiple dimensions of time-space.
- Possible Timeline — An idea conceived in consciousness that has the potential to manifest in the future of linear (horizontal) time. In nonlinear time, all possible timelines already have a degree of reality (existence).
- Probable Timeline — An idea conceived in consciousness that is likely to manifest in the material world (dominant timeline) at some point in linear time.
- Past and Future Timelines — Possible and probable timelines that exist in the part of the time-space fabric that is not associated with present linear time.
- Layers of Time — Sequences or coordinates that correspond to various levels and dimensions of time.
- Layers of Space — Different vibratory levels (densities, dimensions or planes of existence).
- Parallel Realities — Also known as “parallel timelines,” this refers to all possible and probable realities that co-exist with the dominant timeline in this eternal NOW moment. It also refers to parallel dominant timelines that exist in various planes and sub- planes concurrently with the dominant timeline currently being perceived by the collective human consciousness.
- Eternal NOW Moment — A state of nonlinear, or vertical time, that exists throughout all horizontal time and space, as well as beyond horizontal time and space.
- Activation — The process of infusing a time-space continuum with consciousness through intention, visualization or directing of life force energy through use of the will , desire, emotion, etc.
- The Uncertainty Principle — Also known as the Heisenberg Uncertainty Principle. A law of

quantum mechanics whereby reality can exist in a state of potentiality (a waveform of possibilities) or as a discrete material state (a particle). In a laboratory, the unobserved state of an electron is in the form of a wave, while the observed state is in the form of a particle.

- Superposition — A derivation of the Uncertainty Principle that suggests reality can be in two states at once. Refer to Schrodinger's Cat, a hypothetical case where a cat is both alive and dead at the same time.
- Nonlocality (the Nonlocality Principle of quantum mechanics) — this is directly related to the idea of entanglement — the state of matter and energy whereby everything is intimately connected to everything else throughout the universe. This also refers to a realm of existence that is everywhere present within the time-space continuum. It suggests the time-space continuum is contained within a larger, higher-dimensional reality.

A. Linear Time (Horizontal Time)

Physical Linear Time

In this subsection, we will explore the nature of physical linear time, defined as a measurement of relative motion. We will then go on to examine the relationship between time and space, and the variable nature of physical time.

Unless you have been living under a rock, you probably have a very keen sense of time. Not only can you read a clock, but you probably depend, to a large degree, on some sort of calendar, appointment book, telephone or other device that keeps track of time. But what is time, really?

Horizontal, or linear time, is a measurement of relative motion between two or more objects or states of reality. This form of time has two components: (1) physical time; and (2) psychological time.

The Physical Measurement of Time

The most easily understood concept of time involves the measurement of relative motion between two or more objects or states of reality. Our modern clocks and calendars are based on three simple measurements — the rotation of the Earth about its axis, the positions of the moon, and the revolution of the Earth about the sun.

Without going into great detail on how these measurements came about, let us simply say that one rotation (one day) has been broken down into smaller units (hours, minutes, seconds, etc.), the positions of the moon into weeks and months, and one revolution (one year) into decades, centuries, millennia, etc.

Of course, there are other systems, such as the Mayan and Toltec calendars, but we will not go into these now, as it is not the purpose of this book to analyze the elements of time measurement.

Physical time is a variable, as Einstein demonstrated in his Special Theory of Relativity. At ordinary speeds and distances, time appears to be fairly constant, but when traveling at or near the speed of light, time takes on a whole different meaning. To keep it simple, as you approach the speed of light, time seems to slow down. We suggest you do some research on relativity for a more detailed and scientific explanation of physical time as a variable.

Physical time only exists when there is motion (movement). The universe consists of both time and timelessness, depending on whether or not there is something moving with respect to something else.

There are two main components to the time-space continuum: (1) the dynamic state where aspects of the universe are continuously in motion; and (2) the static state, also known as the Bose-Einstein Condensate. There are laws of motion and thermodynamics pertaining to the dynamic state. Energy in this state is composed of two types, potential and kinetic. In the static state, energy exists in perfect equilibrium (balance). We will talk more about these two states of energy during our discussion on the Law of Conservation of Energy later in this book.

Psychological Linear Time

In this subsection we will examine the nature of psychological linear time, or how we experience horizontal time, including the idea that your state of attention and overall level of vibration determine how fast time seems to pass. We will also investigate the ideas of natural harmonic time compression and expansion and what happens during mental enlightenment.

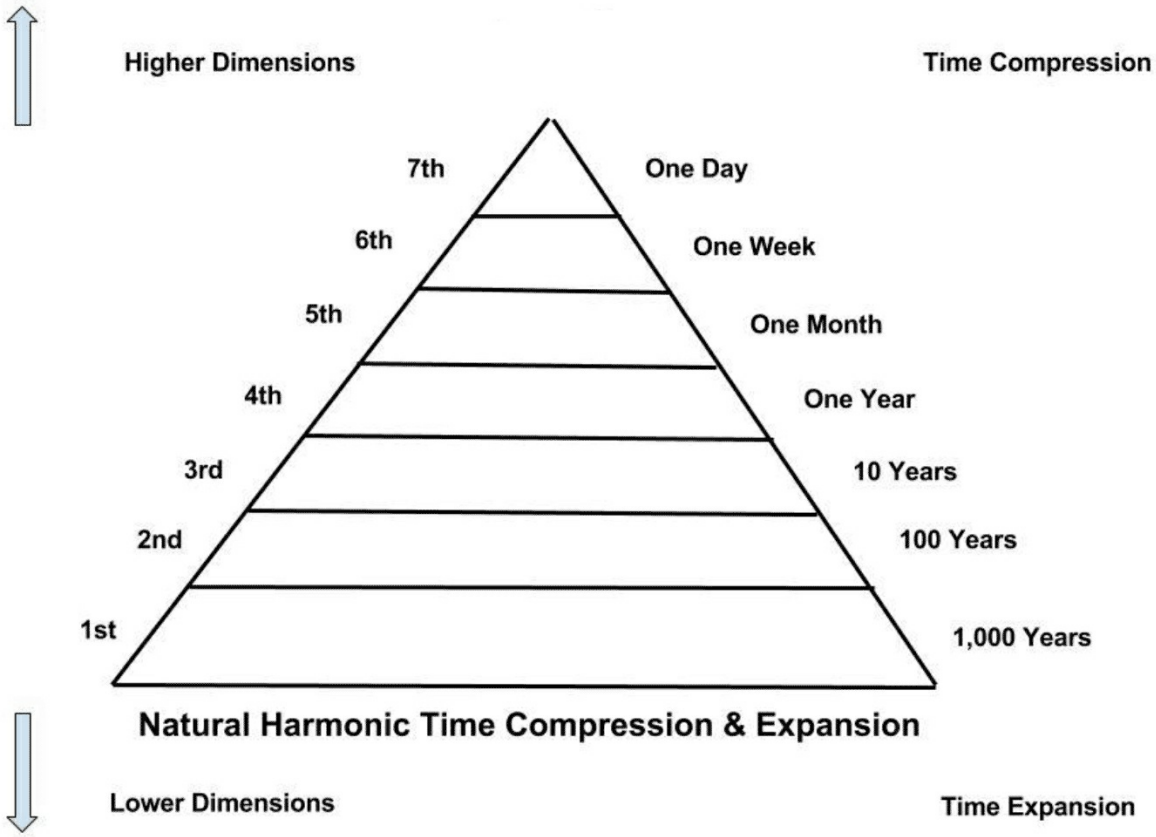
Psychological time involves our sense of time. We have an idea what time feels like; for example, most of us have a concept of five minutes. If I say I will call you in five minutes, you can imagine an interval of time passing before the call. You have an idea of the past and future, based on experiences that you can recall (the past) or anticipate (the future).

Like physical time, psychological time is a variable. If you are bored, time seems to crawl; when deeply engaged or engrossed in something, time seems to fly.

There are several interesting ideas surrounding psychological time. For example, as you get older, time generally seems to move more rapidly. This is due in part to the phenomenon of "selective remembering." For example, if you are ten years old, you may recall seven or eight of your birthdays. If they are all different, your mind will think of each one individually and a lot of time might seem to have elapsed from your first birthday up to the present. However, if you are sixty years old, you might only remember a few of the more exciting birthdays. If your significant birthday celebrations occurred about ten years apart, then you might feel as though not much time has elapsed between significant birthdays. So sixty birthdays can seem like six. Events that are "routine" or involve a lot of repetition tend to get forgotten, and so time seems to pass more quickly.

There is another reason time appears to pass more quickly as one gets older and that is due to what is called "natural harmonic time compression." As you raise your overall vibration (a natural result of evolution), your dominant state of consciousness perceives that which corresponds to the higher state you have reached. Time tends to move more quickly in the higher states. For example, in the sixth dimension, what seems like one week might be equivalent to one year in the fourth dimension. When the Bible says God created the heavens and Earth in six days, it might have seemed that long to the Godhead. A being in the 12th dimension might experience a million Earth years in the blink of an eye. See Figure 1.1 for a pictorial representation of natural harmonic time compression and expansion for seven dimensions. Time equivalents in this illustration are arbitrary (one month in 5th dimension probably does not exactly equal one year in 4th, etc.).

Figure 1.1



A related concept involves the idea of "natural harmonic time expansion." An example of this occurs during the sleep state every night. You might have several weeks go by within a single dream, but when you wake up you realize only 60 to 90 minutes have elapsed.

Once souls reach a certain level of vibration, they have the ability to expand or contract time consciously. This is how archangels are able to minister to several thousand people all at the same time. You could say that they expand time in order to give everyone a healing, and then contract time when they are finished. So they might do thousands of healings, giving personal attention to each recipient, but when they return from thousands of hours of healing, only a few seconds have elapsed in their normal time frame.

Speaking of higher dimensional beings, from time to time we will allow this author's spirit guides, the Founders, to speak from their vantage point above the Earth Plane. The following is given by the Founders.

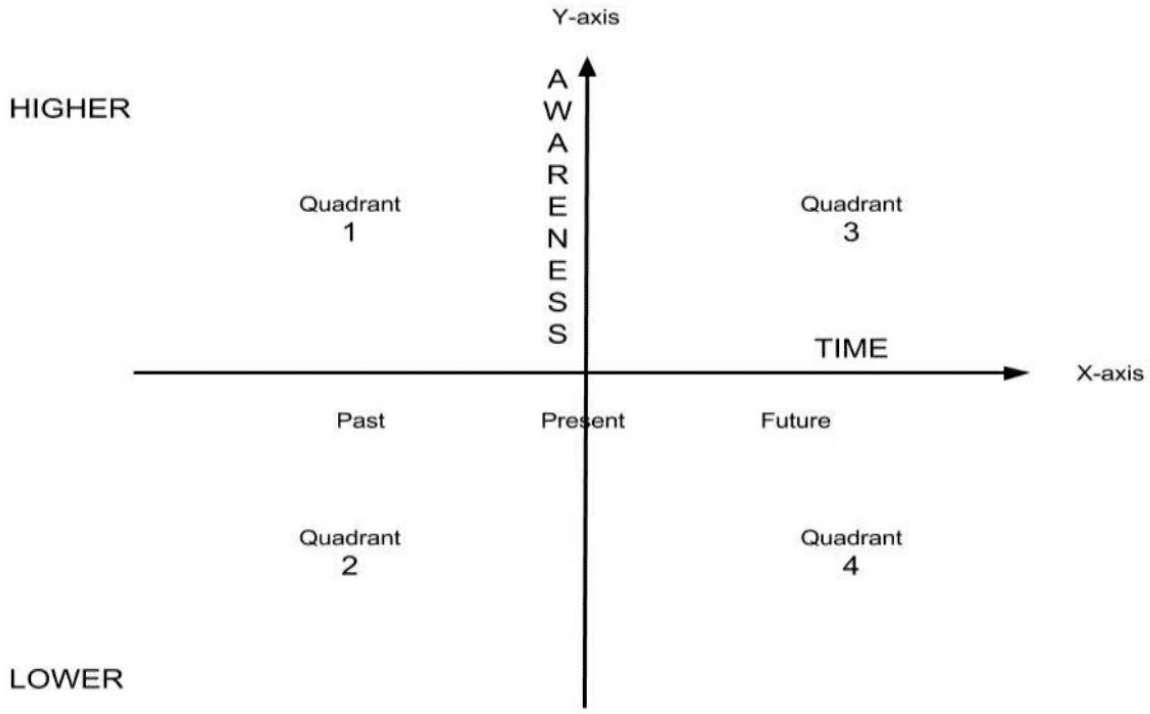
Channeling #1 from the Founders — Linear Time

Greetings, dear Creators. We are the Founders. It is our great pleasure to share with you many concepts regarding time. You might not believe us, but it is very challenging for higher beings, no matter what their level of vibration, to teach about this subject. This has nothing to do with any lack of knowledge on our part, but rather, it is because your language is extremely limiting and most of you have not fully developed your telepathic abilities.

Your physical, or linear time, can be thought of as part of a space-time continuum, or grid system. Imagine time as a field of x-coordinates within a mathematical model, and space as a field of y-coordinates within the model. As with a standard x-y graph, you can find specific

points in time and space throughout the continuum. Please refer to Figure 1.2.

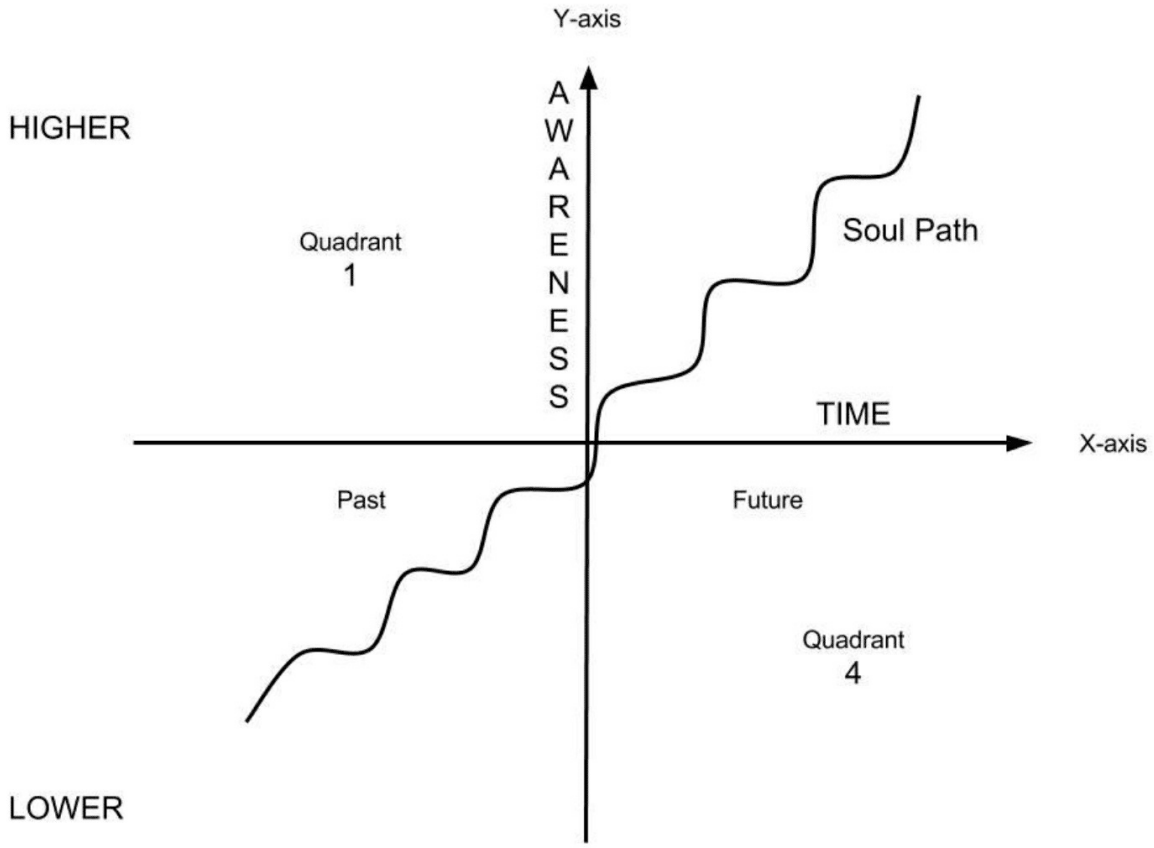
Figure 1.2



As you can see, there are four quadrants, labeled: "Past Higher Dimensions," "Past Lower Dimensions," "Future Higher Dimensions," and "Future Lower Dimensions." The center point of the x-y graph (0,0) represents the present moment and location in your so-called normal three-dimensional space.

You have what is called a "dominant timeline" that runs from the past to the future, and from lower to higher dimensions. The line graph below looks somewhat like a series of steps going up (in an ideal situation). See Figure 1.3.

Figure 1.3

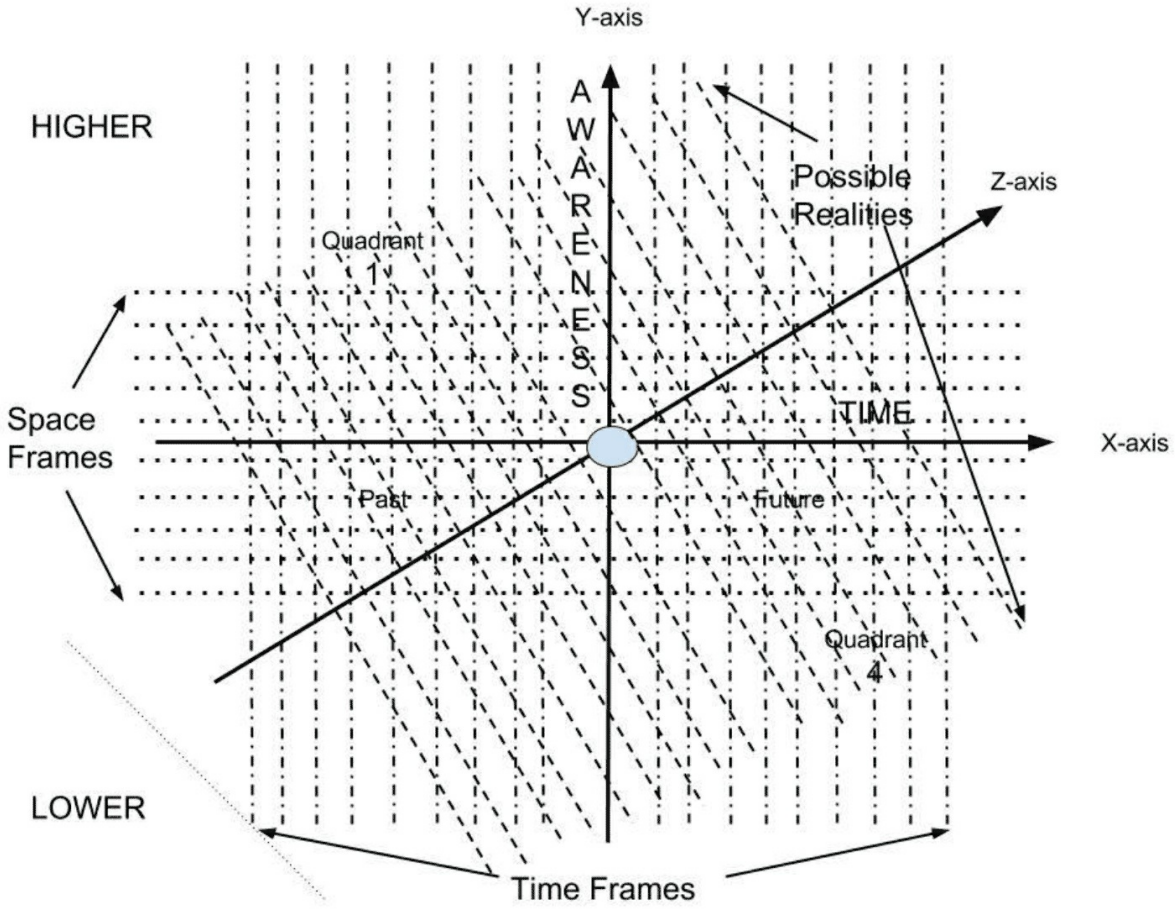


The generally increasing state of awareness over time is called "soul evolution." Although a soul's awareness can periodically or occasionally drop temporarily, over a long period of time the general trend is toward greater awareness and wisdom. In other words, the line graph moves from past lower dimensions (Quadrant 2) into future higher dimensions (Quadrant 3) as linear time elapses.

This line graph represents the "composite" state of consciousness of a soul in the time-space continuum. It is possible for a soul to project consciousness into any part of the continuum at any time. An aspect of the soul travels into the past when reminiscing about things that have happened in the past. When imagining the future, a part of the soul's energy is moving into the future quadrants of the chart.

In actuality, the time-space continuum is much more complex than what is illustrated in the above figures. For example, imagine the chart is 3-D. Figure 1.4 shows "layered" time-space realities. The x-axis represents linear time, the y-axis linear space, and the z-axis possible and probable realities. You can go anywhere in physical time and space and perceive what is taking place there. Notice we used present tense, as in "what is happening now." That is because, from a higher perspective, all time is NOW. You can go anywhere in physical time and space, or anywhere within the lower or higher dimensions of time and space and perceive what is taking place there.

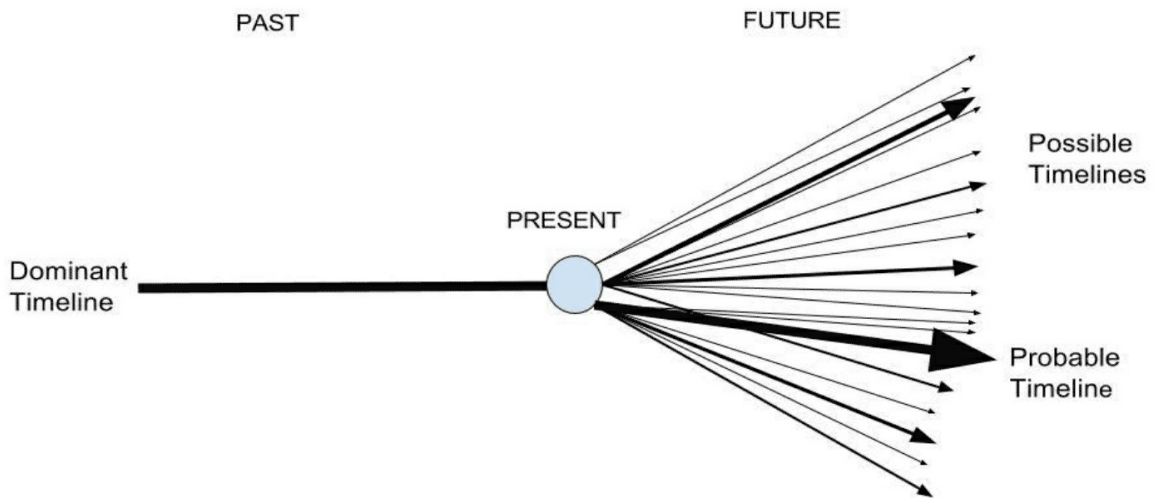
Figure 1.4



In a 3-D model of the time-space continuum (Figure 1.4), you have a z-axis that represents what are called "possible and probable realities." You could also call these "parallel realities." The dominant timeline is the one that manifests in so-called "normal" time and space. However, there are an infinite number of possible realities that also exist along with the dominant timeline, but lack sufficient energy to manifest in the physical sense.

If a soul directs enough high-energy intention into a possible reality, it becomes a probable reality. This is called "activating a timeline." In fact, it is possible to "jump" into a new dominant timeline based on the strong intention to create something differently from the way it seems to be playing out. In essence, these are the mechanics of free will. (We will have a whole section on how to "activate" timelines, or bring parallel realities into linear time, in a later part of this book.) Refer to Figure 1.5 below.

Figure 1.5



Waveform of Possibilities

To make things more complex, imagine your individual time-space continuum is merged with the time-space continuum of every other soul in Creation. Where these continuums intersect, you have "shared" realities, or collective timelines. For example, everyone on Earth is experiencing a collective reality of having a body residing on the Earth, although many souls' experience within that commonality could be vastly different from yours.

Let's describe this in a different way. Your dominant timeline consists of what you are creating individually, largely at levels three and four consciousness (the realms of the higher mind, subconscious, ego, imagination, feeling, desire, will, intention, etc.), combined with the individual creations of all other life forms sharing your part of the time- space continuum.

While ultimately every soul in Creation affects every other soul in Creation, obviously only a small portion of the souls in the universe are affecting your time-space continuum in a significant way (and vice versa). These would include family, friends and significant personal relationships, as well as, to a lesser extent, every soul you meet along the way, from the cashier to the officer directing traffic.

Your personal dominant timeline interacts with / intersects those of your family and friends. Where your timelines are partially merged you have collective realities — things shared by multiple souls. If you and a loved one share a sunset, the sunset exists in both of your dominant realities. If you share ideas with a loved one that have not manifested in the Earth plane, these realities exist in a collective possible timeline. Your individual possible timeline is now intersecting the possible timeline of your loved one. To put this another way, you have a parallel reality that is intersecting your loved one's parallel reality. If enough energy is given to this shared possible timeline, it makes it more likely that your shared parallel reality will "cross over" into your shared dominant timeline.

An obvious application of this idea would be two partners in a joint-venture business. The business exists in the minds of the partners first and thus, in a shared possible timeline. When a lot of energy and effort goes into manifesting this shared reality, it becomes a shared "probable" timeline. It will remain a probable reality until the activities of the partners result in a manifest outcome, such as incorporating of the business, buying or making products, selling, etc. At that point, the business becomes part of the dominant timeline (manifest reality).

We will talk more about personal and collective timelines in a later channeling. For now, we are merely stimulating your awareness and preparing you for continued exploration of this topic. We are the Founders. Good day.

B. Nonlinear (Vertical) Time

In this section, we will explore the idea of nonlinear or vertical time including the paradoxical nature of the eternal NOW (containing all time and also being beyond time). Some related topics include: (a) the idea of parallel realities, (b) the Julian Barbour theory of time, (c) time as a holographic projection, and (d) the Nonlocality Principle applied to time (the idea that we are being simultaneously everywhere at once).

Our discussion will now center around the concept of vertical/ nonlinear time. Here is a summary of the characteristics of vertical time.

1. Vertical time is always NOW.
2. All time and space are contained with this eternal NOW moment.
3. The past, present and future are contained within the eternal NOW.
4. The eternal NOW moment is the only time there is. This can be proven.
5. All possible and probable realities are contained within vertical time.
6. All parallel and higher dimensions and universes are contained within nonlinear time.
7. It is impossible to be any place other than the eternal NOW.
8. In the eternal NOW, it is possible to enter timelessness — a realm beyond time and space.

Now, let's take a look at each of the above characteristics of vertical time.

Vertical Time is Always NOW

When you think about the past and the future, when are you doing it? NOW. In what moment does everything in the universe exist? NOW. Everything is happening simultaneously in this eternal NOW moment. **Your past and future lifetimes are happening now, in this moment. They merely seem to be happening in some other part of the time-space continuum, which we conveniently call the past or future.**

Remember that linear time is a measurement of relative motion. The only reality "past" or "future" have is that you can document linear events by comparing the present position of heavenly bodies to their position when the linear event was happening. In other words, a celebration happened when the Earth was at a certain position relative to the sun, and another event will happen when the Earth reaches another designated spot in its orbit around the sun.

If there is no relative motion, there is no linear time. However, this eternal NOW moment still exists. In such a case, the eternal NOW contains a static state without movement.

All Time and Space are Contained within this Eternal NOW Moment

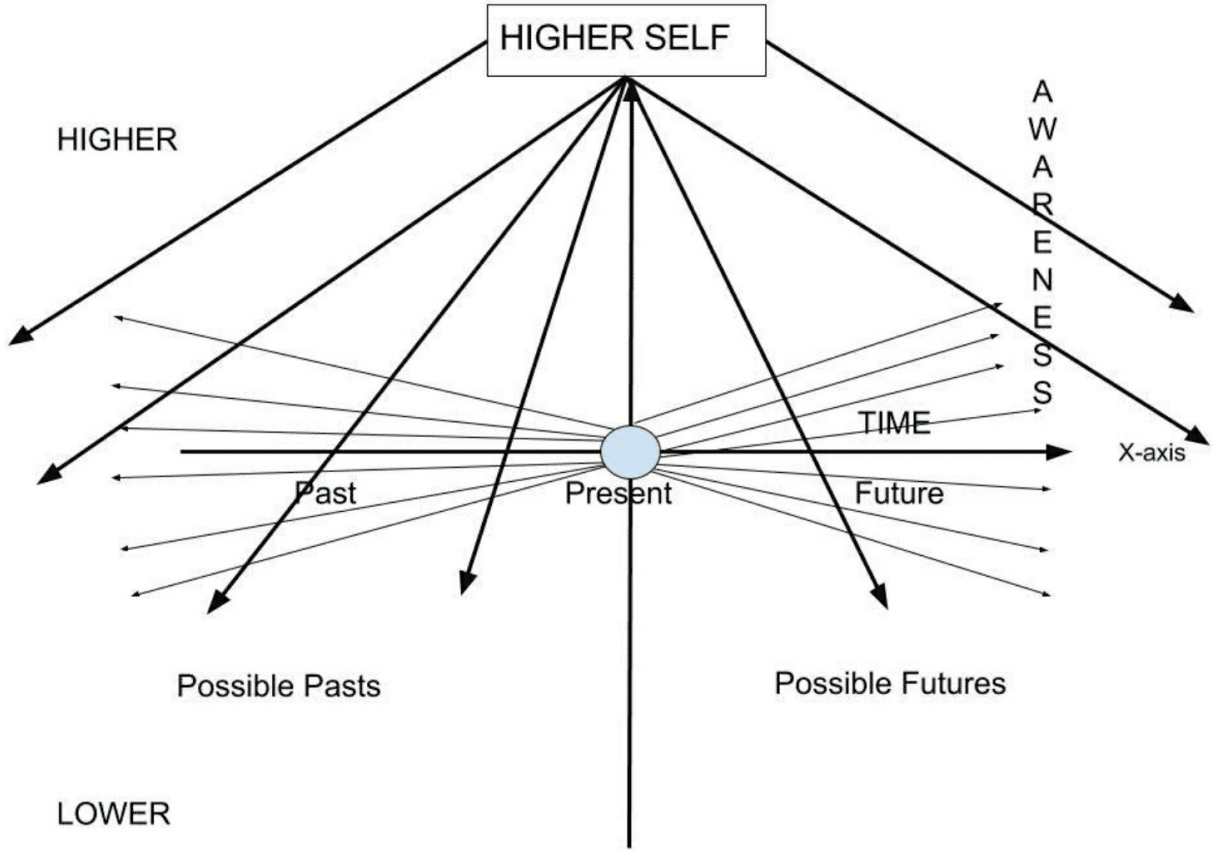
It is possible to "pan out" and see a sequence of linear time all at once from a nonlinear vantage point. See Figure 1.6. This is how psychics can "see" past lifetimes and possible futures. They are merely viewing the time-space continuum from a place that is beyond it. Therefore,

they can see past, present and the many possible and probable futures that are being created by souls on Earth (and elsewhere).

Imagine you are in a forest walking along a trail. The forest is very thick. You can see a little ways ahead of you and a little ways behind. This can be likened to the average soul's perception of time during daily life on Earth.

Now suppose you find a large tree and climb to the top. From this lofty vantage point you can see where you have been and where you are going on the trail down below. In addition, you can see all other trails through the forest. Imagine your tree is the tallest in the forest and you have a view of everything. This is like viewing the entire tapestry of time-space. From this place, you can access anything and everything pertaining to time and space.

Figure 1.6



Extending this idea outward, you can view all your past lifetimes and the full range of possible and probable futures. Using the analogy of the tree, imagine you decide what path you will take once you climb down, based on your reasons for being in the forest in the first place. Which path will lead to the greatest discoveries? Which is the most beautiful and fulfilling? You can see it all from up here.

Another related idea is the perception that you have a "little" self, or ego personality, that is walking on the trail down below, while your Higher Self, or higher-dimensional perception, is watching from the treetop. When you see a drama unfolding down below, you have the ability to

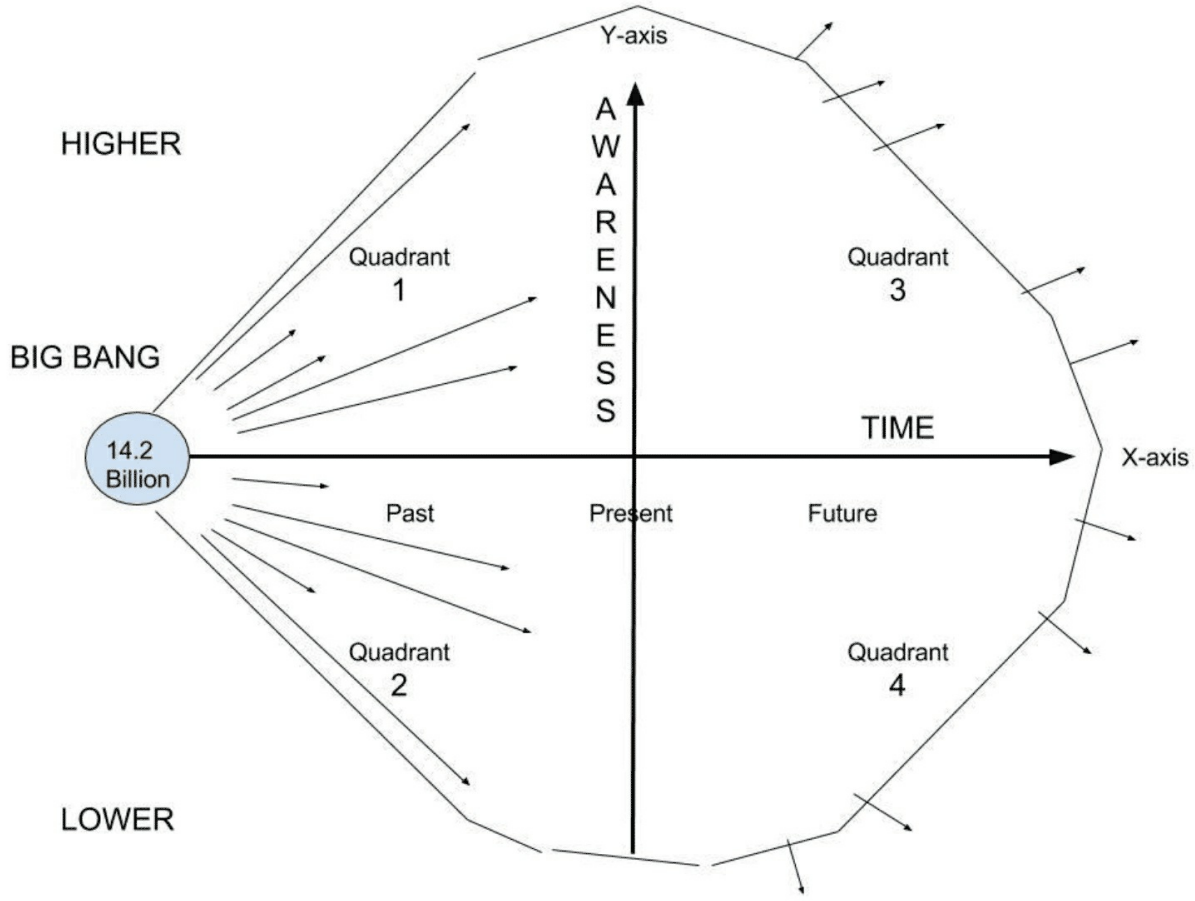
remain detached and calm, simply observing the fracas and confusion from on high rather than identifying with it. This is called non-attachment or freedom from duality.

The Past, Present and Future are Contained within this Eternal NOW Moment

Let's look at this idea more deeply now. It is closely related to the concept that time and space are contained within the eternal NOW, but here we get a little more technical.

If time and space form a tapestry (an x-y axis), then all the levels and dimensions of time and space exist right now. The vertical axis of the chart of time-space (individual levels of vibration, planes, sub-planes and dimensions) runs through all the horizontal planes. No matter where you go in the infinite tapestry of time-space, you are still within the eternal NOW moment.

Figure 1.7



If you look at Figure 1.7, we have illustrated the Big Bang, an event that, in linear time, seems to have taken place about 14.2 billion years ago. This does not imply that the universe is only 14.2 billion years old — only that the sudden expansion from a single point occurred at that time. Something must have existed prior to the Big Bang — something with an incredibly high degree of potential energy — enough to cause a huge explosion (sudden conversion of potential energy into kinetic energy).

The Eternal NOW Moment is the Only Time there is. This can be Proven.

The Law of Conservation of Energy suggests that the potential energy of the pre-Big Bang state must be equivalent to the total potential and kinetic energy of the post-Big Bang state. For the moment, we will postpone looking at the "catalyst" that triggered the Big Bang; however, as we go deeper into the timeless state beyond the time-space continuum, it will be implied that consciousness itself is the main factor.

Although it might seem that there is such a thing as a past or future, every time you look at what you call the past or future, when are you looking at it? NOW. It is always NOW. Every moment of your existence is NOW.

Remember those signs appearing in bars and taverns, saying "Free Beer Tomorrow?" How much beer do you think they have given away? A thirsty young man goes home excited after seeing the sign, hardly able to sleep that night. All he can think about is the free beer he is going to have tomorrow.

The next morning, he waits anxiously until the tavern opens and then bursts through the door, demanding his free beer. The bartender glances up from his newspaper and points to the sign: "Free Beer Tomorrow."

This author has an ongoing bet to give a reward to anyone who can show him yesterday or tomorrow. These are merely ideas, perceptions of the human mind. While scientifically it might be useful to "remember" what was happening when the position of the sun and Earth were different in linear time, all such "remembering" is still taking place NOW. When "yesterday" was taking place, or when "tomorrow" will take place, what time will be it when those things are happening? There is absolutely no evidence that there has ever been, nor will ever be, an instance that is not NOW.

To put this another way, the only reality you have access to is what is taking place right now. You might be able to imagine what is commonly called "yesterday" or "tomorrow" by "jumping" into those specific locations in the time-space tapestry, but if you are able to "jump" into the timeline at the certain point in relative time-space referred to as "yesterday" or "tomorrow", such a jump will be taking place NOW. So, therefore, yesterday, today and tomorrow are all taking place NOW.

There is science to back up the idea that NOW is the only time there is. The basis for proving this lies in the Nonlocality Principle of quantum physics, which will be discussed again in the next chapter.

Physicist Julian Barbour has proposed a theory that what we call "outer life" is merely a very sophisticated version of a movie being run through a projector. In other words, life is a series of "stills" (NOWs) that blink on and off at a very high speed (perhaps a billion times per second) giving the illusion of movement.

All "movement" is controlled by consciousness. According to Barbour, the only thing that actually moves is your state of awareness. Because YOU are viewing life from a slightly different vantage point every nanosecond (approximately), life appears to move around you. This is similar to the idea that when you are flying in a jet plane, the plane is actually stationary and it is the Earth that is moving by you. At first thought this seems preposterous, but linear time, defined as a measurement of relative motion, only requires that you "select" something arbitrarily as the base object and relate something else to that object.

The conclusion of Barbour's work is that time, as we know it, is an illusion and that the only thing real is the movement of consciousness.

All Possible and Probable Realities are Contained with Vertical Time

This is obviously an extension of the previous ideas that all of time- space and all of the past, present and future are contained within the eternal NOW. In essence, this corollary defines the idea of parallel realities. Instead of a fixed point in time (past or future) being the source of an experience or event, all experiences and events are actually taking place NOW. This refers not just to happenings in linear time, or in what we call the dominant timeline, but all potential events and experiences existing in the possible and probable timelines of the infinite fabric of time-space.

Therefore, if you wish to access a potential event or experience in the "future," or something that "happened" in the possible or probable "past," you have the ability to do so.

For example, there is a possible (parallel) reality where World Wars 1 and 2 never happened. The very fact that you can think about this possible reality suggests that it exists somewhere in the fabric. Therefore, this parallel reality is happening right now and can be accessed by shifting your consciousness (the only thing that can actually shift).

Subsequently, you can shift your consciousness to the "future" and decide to view a parallel reality where World War 3 does not happen. Then, if you "activate" this parallel world by giving it a lot of attention (infusing your consciousness into it energetically), it strengthens the alternate timeline and makes it more likely to precipitate into the dominant timeline. We will further explore this idea in a later chapter.

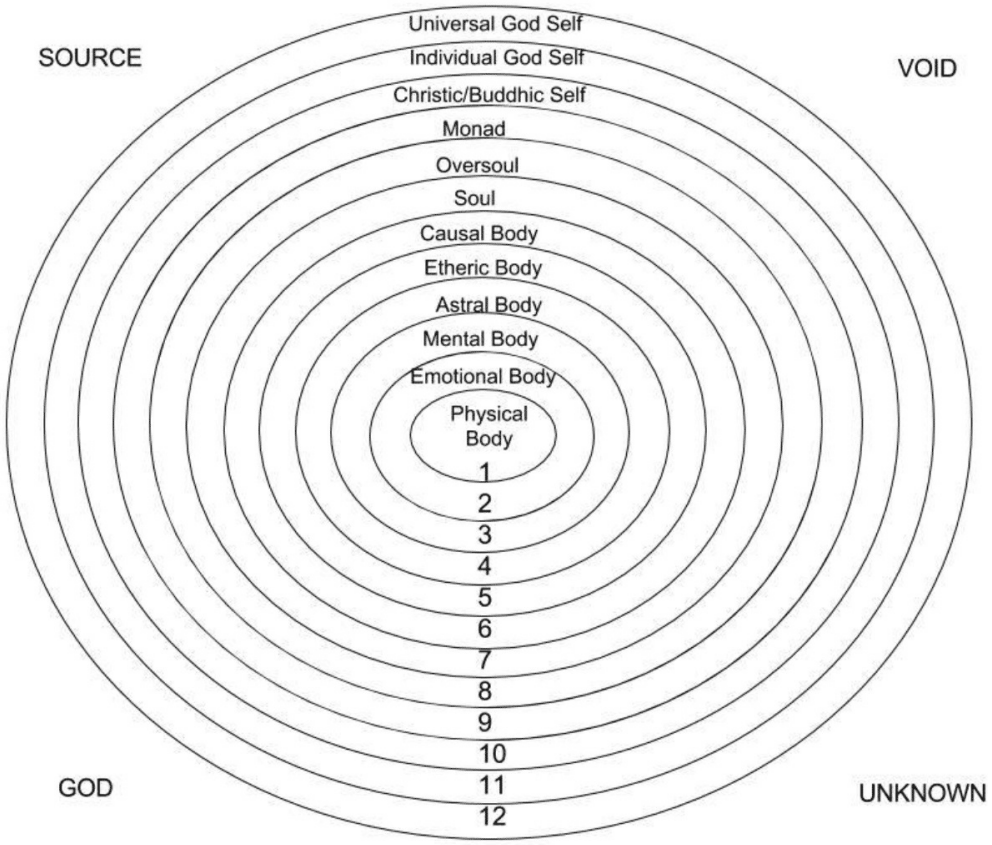
All Parallel and Higher Dimensions and Universes are Contained within Nonlinear (Vertical) Time

This is, of course, another extension of the previous idea. In earlier books by this author, a model system of densities and dimensions is given. In Figure 1.8, you see abbreviated names of a 12+1 model system of the universe. In the previous books, especially "*Life on the Cutting Edge: Second Edition*," there are several models of reality, including aspects of Self, densities and dimensions. It is shown that these are not separate from one another, but are part of the tapestry of consciousness itself.

In Figure 1.8, the levels are defined as 13: GOD, 12: Universal God Self, 11: Individual God Self, 10: Christic/Buddhic Self, 9: Monad, 8: Oversoul, 7: Soul, 6: Causal Body, 5: Etheric Body, 4: Astral Body, 3: Mental Body, 2: Emotional Body, and 1: Physical Body.

To complete our discussion of nonlinear time and how it encompasses everything, we mention the idea of other universes. A common cosmological interpretation of Creation is that it consists of perhaps thousands or even millions, of parallel universes, all existing in this eternal NOW moment, but with their own set of rules, principles, laws, and characteristics. Then there is the idea of a central universe, consisting of the Godhead itself, that "governs" all the various individual universes.

Figure 1.8



We will occasionally visit the concept of multidimensionality throughout the book, but for now, let us return to our detailed account of the qualities of vertical time.

It is Impossible to be Any Place Other than the Eternal NOW

This is another way of saying that it is impossible to be separate from God. Herein lies our liberation from all pain and suffering. We are proposing a model of reality that can be depicted as the Godhead encompassing everything, with all levels and dimensions being contained within the Godhead.

You can think of the Godhead as the Source that existed before the Big Bang, a field of infinite intelligent energy that caused the universe (and all other universes) to come into being.

In fact, the phrase “eternal NOW” suggests that there is no beginning or end to the Creation. That is the meaning of the word “eternal.” Another way of saying it is that this NOW moment has existed forever and will continue to exist forever. The idea of a beginning or end to Creation implies linear time, but linear time only appears to have existed since the Big Bang, as before this event, there was no relative motion apparent. Without movement, there can be no beginning nor end.[*]

The Uncertainty Principle Applied to Time

- We are continuously creating new realities every moment. Timelines are constantly branching out into a wave-like formation. This is the Uncertainty Principle of quantum physics applied to consciousness and time.

The Uncertainty Principle of quantum physics essentially states that when something is unobserved, it tends to exhibit wave-like characteristics and when observed, the waveform collapses into particles or discrete units that can be measured.

This principle applies to time as well as space. As the above statement indicates, we are creators, and our thoughts, feelings and actions are continuously impacting the time-space continuum whether or not we are conscious of this.

Until we focus on a desired outcome, our thoughts emanate in a wave- like manner out into the "material" universe, or at least they appear to do so. What we call the world "out there" is not at all what it seems to be. Modern science has demonstrated that the way we perceive "solid" reality is very far from what is actually there.

The mechanics of the Uncertainty Principle could be more accurately described as electrical impulses fanning out in all directions from a source (consciousness) that gives the appearance of being in the brain or around the body in an "aura." When these impulses are intentionally directed in a specific manner, the wave-like emanations collapse into a particle beam, directed in a localized way into the time-space continuum.

You will note that throughout this book we describe this principle in several different ways, using slightly different words each time. That is because these ideas are difficult to grasp even for experienced physicists.

So how does the Uncertainty Principle relate to time? Very simply, each movement of consciousness emanates a wave-like stream of energy into the time-space fabric, creating possible and probable timelines. The ones that are given the most attention and intention become the strongest and most vibrant of the alternate timelines. When the directed (particle-like) energy becomes focused and energized to a certain threshold of activation (critical mass), the waveform of possible and probable realities "collapses" into the dominant timeline. The hard part for the intellect to understand is that the possible and probable realities still exist in a parallel or alternate reality; they simply do not have enough energy to change the dominant timeline once the intention and focus has been turned away from them.

When metaphysical persons encounter thoughts that are undesirable and they say, "cancel, cancel," or something to that effect, they are withdrawing psychic energy from the process of creation, in essence pushing the energy back into the realm of possibility before such energy can significantly impact the dominant timeline.

Of course, it is more complex than that because the subconscious mind is continually impacting the dominant timeline as well. If you fight or resist certain unwanted thoughts, you actually strengthen them and make it more likely that such thoughts will precipitate into the dominant timeline. Therefore, there are processes devised (including one called the "Conference Room Technique") that attempt to align the six lower bodies (physical, emotional, mental, astral, etheric and causal) into a cohesive, focused energy stream intended to manifest a desired outcome. We have devoted an entire chapter to the concept of "activating" timelines. We will also talk more about the six lower levels of reality later in this book. A detailed description of the six lower bodies is given in this author's previous books, including "*Soul Integration*."

In summary, it is clear that the metaphysical process of focusing and directing thought is analogous to the wave-particle phenomenon of the Uncertainty Principle. The metaphysical concept of thoughts influencing our perception of reality (and to some extent actually creating

reality) is directly correlated to the Uncertainty Principle. This is backed up by the fact that the observer affects the observed in laboratory experiments.

In the future, scientists will likely find a quantitative measurement of the level of influence exerted upon so-called "outer" reality by thoughts (the movement of consciousness in the form of consciousness "units").

At a much higher level of consciousness, it can be clearly seen that there is no difference between the observer and the observed; they are both contained within the Mind of God (the field of consciousness). In other words, there is no difference between "inner" and "outer" reality.

This relates to the idea that the "inner" reality is merely a construct of the mind. After all, where is the "inner" self? Can you cut open the brain looking for it? Maybe it's in the stomach or intestines. Or somewhere in the aura. It is a bit like yesterday and tomorrow, impossible to find. And for that matter, where is the "outer" reality? There is no evidence that what appears "out there" is actually out there. All we have are signals transmitted to and from the brain and interpreted by the mind. If reality is a holographic projection of a single point (as science appears to demonstrate), then both "inner" and "outer" reality do not actually exist.

C. The Nature of God

- God is defined as *everything that is plus the source of everything that is*. God experiences life in two different ways — as each of us one at a time and as all of us simultaneously.

This is probably a good time to bring up the most controversial subject there is on Earth — the nature of God. To scientists, this is a prohibited area even though quantum physics has essentially proved the existence of a supreme Source that encompasses everything.

God is both static and moving, eternal and evolving, timeless and within time. God is everything that is and at the same time, beyond everything that is. God is both linear and nonlinear. The state of God consciousness is profound and beyond all attempts at description; nevertheless, we are attempting the impossible here as a means of stimulating the reader's awareness.

It is perhaps easier to think of the simultaneous nature of God. That is, everything in the Universe exists right now, even though some aspects of Creation seem to be in the past or future. More difficult is the idea that every facet of Creation, including each individual life form, is experienced in its totality **from the viewpoint of the individual perceiver**, in a linear fashion. Consider what this actually means. You, the reader, are perceiving the Universe through your own eyes. Have you ever asked yourself why you can only perceive the Universe from an individual perspective? The logical answer is that you are one being among billions and that every being perceives the Universe through his own unique set of eyes (or whatever perceptive mechanisms a specific life form uses for perception).

But what if God experiences the entire Creation sequentially? Right now, God is viewing the Universe from your unique perspective. Next, she/he might choose your best friend, then perhaps the author, etc. Each time God changes the viewing perspective, God becomes a new "you," the one that sees everyone else as an "other."

This Creation seems to vacillate between sequential and simultaneous (linear and nonlinear) perspectives. This is part of the great mystery. Time is the medium that allows this dual perception. Every creature that moves (or that perceives the static field of Creation from a

moving consciousness) will be subject to some degree of time, since movement defines time. When movement ceases, linear time ceases and only the simultaneous awareness of bill ions of souls remains.

Let's introduce one more concept here — a difficult one to understand, but we will try anyway. As a soul evolves, it becomes possible to see the world through the eyes of other individuals using the process known as "channeling." At some point in the evolutionary cycle (perhaps when a soul "activates" level 12 of his being), such a soul is able to project into any or all souls sequentially or simultaneously and perceive life through the eyes of each individual or collective aspect of consciousness.

So while it is valid to consider the idea that God experiences each one of us sequentially, it is also valid to consider that as we grow and evolve, we attain the ability to see life through the eyes of multiple souls (perhaps every soul in the universe). In other words, we become, both literally and figuratively, the totality of God.

(Note: There are several degrees to the phenomenon known as "channeling." On a limited basis, we have "telepathic transmission" where some of the thoughts of a soul or group of souls are transferred to the receiver of the transmission. In true channeling, the energy of the sender is partially infused into the field of consciousness of the receiver. In possession, there is a complete overlay of the energy of the sender and receiver, such that the distinction between souls becomes blurred. These are vast topics, some of which are covered in previous books and which we will not go further into at this time.)

We admit we are getting a bit too deep for many of our readers, so we leave you briefly to allow the Founders to speak.

Channeling #2 from the Founders — Infinity and Eternity

Greetings, dear Creators, we are the Founders. It is our pleasure and privilege to speak with you today.

Two of the most difficult concepts to understand, from your human perspective, are infinity and eternity. While they are similar ideas, they are not identical.

Infinity suggests something of enormous magnitude or quantity, so big or numerous that there is no way possible to count or measure the magnitude or quantity. Number systems are infinite, since you can always add one more to any number you can come up with.

Infinity can be open-ended, as in the case of larger and larger numbers, or it can exist within contractions, such as always being able to find a smaller fraction between two numbers. In other words, the universe is infinitely large AND infinitely small.

Eternity means, "Without beginning and without end." It indicates something that has always existed, beyond the measurement of time and space. While infinity is typically used to indicate something too big or small to be measured, eternity usually refers to what is beyond time and space altogether. It includes that which is changeless, that which remains constant while the universe is constantly changing.

An example of infinity is the fractal generated from a recursive function. An example of eternity is the function itself. The function is timeless — it never changes — while the fractal is constantly changing, growing, expanding, contracting and mutating forever.

To put this another way, you can insert an infinite series of numbers (even the complex number system itself) into a recursive function, and the pattern that emerges goes on forever, but with intricate details constantly unfolding.

Dear Creators, in order to understand time, you must learn to grasp what is beyond it. This

channel will soon introduce you to the idea of timelessness. This is not just a lack of motion of relative objects — it is much more than that. Timelessness is a state of consciousness, a state of pure observation without inner or outer movement. Because everything is contained within the eternal NOW, timelessness awakens the soul to the realization of the Oneness of the eternal NOW. Therefore, timelessness is the awareness of GOD.

It is possible to live in a constantly changing world of time and space, and yet come from a consciousness of timelessness. This is what is meant by the Zen saying, "Before enlightenment, carry water and chop wood. After enlightenment, carry water and chop wood."

To the unenlightened, the enlightened soul may seem crazy, unstable or even anti-social, but in truth there is no way for the unenlightened to discern or detect the inner workings of the enlightened soul. Unenlightened souls can spout words of wisdom just like enlightened souls, but the words do not carry the same energy or essence.

Enlightened souls are here on Earth to remind humanity that there is no separation. Quantum physics is here to remind you of the same. It is impossible to be separate from God, but it is certainly possible to believe you are separate, and that is cause of all misery and suffering.

Dear Creators, it is our great pleasure to spend this time with you while you explore the mystery of time. We go with you through every step of the process, especially when the ideas and concepts seem impossible to grasp. You can call on us for assistance. We will always be here. Many blessings to you. We are the Founders. Good day.

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* It could even be argued that *with* movement there is no beginning or end. Theoretically, in a superconducting field of essentially no resistance, objects could move forever, relative to each other, since there would be no friction, electromagnetic or chemical dissipation of energy.

Chapter 2 — Parallel Realities

A First Look at Parallel Realities

- All of Creation happens simultaneously; therefore, an infinite number of possible realities were created instantaneously (or are being created instantaneously) and we can choose to experience them sequentially over an infinite period of time.

At first glance, this statement appears to make little or no sense, at least to the conscious mind. How can everything already exist while at the same time being created moment by moment? Surely you did not have that thought about an ice cream cone before. At least not in the way you just did.

The interplay between linear and nonlinear time is strange indeed. If these were two separate realities, like discrete worlds or dimensions that do not touch each other, that would possibly make this idea easier to understand. But that is not the case. Linear and nonlinear time are intertwined and exist together as part of the very fabric, the threads that stretch across the tapestry of time-space.

Ordinary linear time is very compelling as the only time there is, as long as an individual is deeply engrossed in linear activities, such as daily life. Some are already saying, “Why do we need all these far-out theories and conjectures? I am busy working, raising a family, paying my bills, etc.” It is usually later in life that a soul starts to question the fabric of this artificial reality we call the “real world.” The strange glimpses of the paranormal that such a soul has experienced periodically throughout the humdrum existence referenced above are quickly dismissed as fantasies or, if a bit more thought is given to the idea, as an occasional anomaly bleeding through from some other dimension.

Perhaps it is during the disillusionment of the “mid-life crisis,” when the soul begins to question the daily routine, that the idea of a parallel lifetime begins to emerge. Sometimes it takes the form of feeling as though one is only observing life and not really living it. Other times it can be thought of as looking through a filmy bubble at a much more dynamic, exciting, fulfilling life. There might be this distinct feeling that another “you” is living it up while the seemingly real you is locked into the daily grind.

Psychologists would be quick to point out that the above description is a good account of the mind’s ability to fantasize; that the parallel life of glamour and glitz is wishful thinking on the part of the ego. But is that all it is? What about the laboratory experiments that confirm the Uncertainty Principle? What about superposition? What about Nonlocality?

The modern world of technology would not exist without advances in quantum mechanics. Although the principles are hard to fathom by most individuals, these aspects of the time-space fabric are part and parcel of most of the technological gains made in our modern world.

The truth is, linear and nonlinear time exist concurrently and this can be proven, though not perhaps in a way that is easily understood by most humans at this juncture.

So what exactly are parallel realities? Is there a glamorous version of the ordinary you? A more successful one? A sexier one? Or a more depressed one?

Earlier we presented a series of diagrams. We mentioned that a more accurate representation of dimensions and parallel realities would involve an x-y-z axis, where the x-axis is the realm of

linear time, the y-axis the realm of space, and the z-axis the realm of possible and probable realities (See Figure 1.3). You could say there are two types of parallel realities — those involving planes and sub-planes of existence, and those involving degrees of possibility and probability.

No models are 100% efficient or sufficient in describing what is beyond easy description. However, the beauty and majesty of this discussion lies in the appreciation of just how many "mansions" are in the Father's house (dimensions within the Creation of Father/Mother God). There are worlds within worlds, and suns within suns. The multidimensional nature of the universe is like bubbles within bubbles. Limitation appears to be limited to the realms of linear time and finite thought. The mind gets trapped in endless repetition of banal ideas (shall we have chicken again for dinner tonight) and such. While the physical body likes routine and slow change, much of life is simply beyond these considerations.

The Two Types of Parallel Realities

As indicated above, there are alternate dimensions of time-space, as well as realms beyond time-space, and then there are possible and probable realities, some of which intersect each other. In a later section, we will go into the phenomenon of déjà vu, defined as the point where certain possible and probable realities intersect with the dominant timeline.

When a parallel reality (possible or probable timeline) is close to the dominant timeline, such as in the case of a sub-plane of the astral realm (which is near in vibration to the physical plane), there may be a sense of an alternate self that is experiencing life in a very different way from the so-called "normal" self.

"I am shy and alone a lot of the time, but I get this feeling I have an alter-ego that is full of enthusiasm and is often the life of the party. I can feel this alternate self carrying on an entirely different life, but with most of the same props and background as I have in this life."

Perhaps the soul who voiced this thought imagines meeting someone and having a great, dynamic time, but then the dominant timeline shows him a boring, uneventful meeting with the same person. Was it wishful thinking? Fantasy? Or was the dynamic exchange actually taking place in an alternate timeline? Although it might be difficult to prove the latter at this stage of our investigation, we will find out soon enough that virtually everything that we can conceive of is actually happening in a parallel dimension or timeline.

This could be very unsettling in some cases. For example, your "fantasies" of strangling your mother-in-law are, thankfully, not taking place in the dominant timeline. You don't relish her family plotting their revenge and you going to jail for the rest of your life. But there is a parallel reality where you actually did strangle her. This possible reality likely does not have much energy going into it, but it is there nevertheless. When a lot of energy goes into a parallel timeline, enough to bring that realm into the dominant timeline, it is called "activating" the timeline (see Chapter 11).

As you raise your consciousness (increase your awareness), you become aware of more and more parallel realities, both in a dimensional sense and through becoming aware of possible/probable outcomes. You learn how to travel through these parallel planes and experience the essence of them (or avoid them if they are undesirable).

Those who cannot differentiate between alternate realities and the dominant timeline are usually considered to be insane. The most common form of insanity involves the inability (or unwillingness) to filter out stimuli coming from a myriad of alternate dimensions and

probabilities.

This often takes the form of the psychotic soul being overly sensitive to the psychic vibrations of other souls in his vicinity. Hundreds, or thousands, of thoughts are bombarding the insane person from every direction. In some cases, the insane soul can see alternative versions of himself, or is experiencing different realities superimposed upon the dominant timeline. Without some sort of filtering mechanism, the psyche becomes overloaded and short-circuits (causing actual damage to synapses and neurons).

As an aside, you might recall a Hollywood movie called "*Bruce Almighty*" where a young man (Jim Carrey) is given the gift of being God for 30 days. In one scene, he hears millions of prayers all bombarding his brain at the same time. Souls who "fly too high" (like Icarus to the sun) often experience temporary insanity similar to the young man in the movie. This sudden and overwhelming awakening can be triggered by an overdose of psychedelic drugs, too much advanced yoga too soon, being psychically unprotected in the presence of a powerful person, etc. Fortunately, in most cases, the filtering mechanism returns and the soul drops out of this state of extreme psychic opening.

There are safeguards built into the brain-mind system that prevent stimulus overloads in most individuals, but sometimes these "firewalls" fail and extraneous information gets into the realm of perception. Such firewall failure often leads to what psychologists would call "hallucinations." When scientists say hallucinations are not real, they mean that what is being experienced cannot be explained in terms of logical, rational or physical perception. During ingestion of psychoactive substances, souls apparently experience hallucinations, but this author and many who have done research in these areas offer another explanation. The psychedelic experience involves seeing reality from a different angle, with emphasis on parallel realities that vibrate at a resonant frequency to that of the psychoactive substance. In other words, ayahuasca or psilocybin might attune you to certain frequencies that are normally not attainable while in an ordinary state of consciousness. This does not mean what is experienced is not real, just that it does not conform to the so- called normal patterns of reality that most souls agree on.

We will have a lot more to say on the subject of parallel realities later, but now let us look at some additional viewpoints that are pertinent to our overall investigation.

Earlier in this book, we proposed the idea that we might be living in a sort of holographic movie. Now, let us go a bit deeper into this theory.

The Movie Set Theory of Time and Space

As mentioned earlier, physicist Julian Barbour from England has proposed a theory that is getting a lot of attention in the scientific world.

Imagine being a character in a movie. The film is moving through a projector onto a screen. The characters appear to move through a series of dramas unfolding as the "plot."

Dr. Barbour's theory suggests that our daily life on Earth is much like a movie — simply a more elaborate, faster series of "stills" or individual moments in time. The universe exists in a static state and it is the movement of consciousness that seems to make outer things change.

The complexity occurs because every soul in Creation is experiencing a movement of consciousness, thereby contributing to the "reality" of the cosmic movie.

We will combine Dr. Barbour's theory with the idea that everything is a projection of consciousness. The movie projector is analogous to the mind, which is the perceptive mechanism for projecting consciousness.

Time as a Holographic Projection

There is a great deal of validity to the idea that the universe is merely a holographic projection — in this case from a single point rather than a two- dimensional surface. The “Big Bang” refers to the beginning of the holographic projection. Before the Big Bang, everything was contained within a single, infinitely small point called a “singularity.” In actuality, this is still the case, but that single point has holographically projected itself “outward” into what we call the space-time continuum.

A simple, but not entirely accurate way to imagine this would be the unfurling of a sail on the mast of a sailing ship. Before the sail is unfurled, it is wrapped around the mast, with the various parts compressed and rubbing together.

Another idea, which is often used in physics discussions, involves the concept of the universe being like a balloon being blown up. Think of the balloon in its original state as being infinitely small until it begins to inflate. As it inflates, everything on the surface of the balloon seems to grow farther apart. The observation by scientists that everything is expanding and moving farther and farther apart seems to support this idea.

If the universe is truly a hologram, then everything we see, hear, feel, taste, smell and intuit is merely an aspect of the singularity that appears as a universe of time and space. Therefore, all time-space is contained in this single point and thus, all parts of Creation are intimately connected at each and every time-space coordinate within the continuum.

Further Applications of the Nonlocality Principle of Quantum Physics

The Nonlocality Principle has been proven in a laboratory. Essentially, it shows there is no separation between the various parts of the Creation. The original experiment involved separating various aspects of a particle across great distances. When one of the separated aspects received a stimulus, the other aspects instantaneously recorded the impression of the stimulus. The changed state of one sub-atomic particle did not broadcast itself at the speed of light to the other sub-atomic particles, but rather, no time at all elapsed during the communication.

The implications of this are profound. If sub-atomic particles can communicate immediately no matter how far apart they are, then there must be a dimension or aspect of Creation that runs through all the lower dimensions simultaneously — a higher dimensional continuum that is everywhere at once. Of course, the religious term for this is God, a word prohibited from use by secular scientists.

Implied by the Nonlocality Principle is the idea of an omnipresent consciousness embedded within all things — an all-knowing, all-pervading presence out of which everything emerged during the Big Bang. Recall our discussion on the nature of God and the similarities inherent within physics (with religion using different words to describe truth than that of mainstream scientists, of course).

A Second Look at the Idea of Parallel Realities

As stated earlier, modern television shows have captured the idea that we could be living

simultaneously in multiple realities. There was the series "*Sliders*" that featured a group of scientists traveling through various parallel Earths. There was a movie called "*Sliding Doors*" that followed two parallel realities based on two different outcomes of a single event (catching or missing a train). Also, don't forget "*Back to the Future*," which had a few enlightening moments, at least for Hollywood.

Very soon we will go a bit deeper into the superposition theory of quantum mechanics that implies things can be simultaneously in different states. Examples include the double-slit experiment that demonstrated the Uncertainty Principle, and the famous Schrodinger's Cat illustration that shows a cat can be alive and dead at the same time.

This is the scientific equivalent of saying that the past, present and future all exist simultaneously. There is a relationship between superposition and the idea of Nonlocality that will be explored in the next chapter. While most of science is focused on the Nonlocality of space, there is also a Nonlocality to time.

Those of you who are not scientifically minded will need to pause, take some deep breaths, and re-read sections of this book several times. However, we think the stretching of your mind will be worth it, as the ideas presented herein will likely answer many questions you have had.

Before we take a deeper look at this curious world called "Nonlocality," let us once again hear from the Founders:

Channeling #3 — Message from the Founders — Delighting in the Mystery

Greeting, beloved Creators. We are the Founders. As always, it is our pleasure to be with you in this way. First of all, we congratulate you on persisting in your desire to understand this difficult topic.

The subject of time has fascinated many a philosopher, scientist and theologian. Most souls take time for granted. It is simply here, or at least appears to be here. But there is another way to look at all of this — with awe, with deep appreciation, with reverence.

The universe is infinite, as we stated in our previous message. Not only are there worlds within worlds, planes within planes and sub-planes within sub-planes, but there are time continuums within time continuums. It is possible for a soul to become "lost" in time.

Perhaps you, dear Creators, are a bit lost in time right now. It is hard for most of you to see the bigger picture because you have been so narrowly focused for so long. Hour after hour, day after day, your lives are like a merry-go-round, or worse, a hamster cage — the rat race, the daily grind, business as usual. You are trapped within a narrow band, a narrow frequency of reality.

It is our intention, through these messages, to help you expand your horizons. Perhaps just for an instant, you will enter the timeless — a place of incredible beauty, magic and inspiration. Or you might take a journey into an alternate plane of time, one that enchants and tempts you to forget your daily existence on Earth.

We do not intend to become an escape for souls who are tired of the rat race. It is not our intention to get you to shirk your Earthly responsibilities. If you can expand your consciousness to include more of the infinite reality beyond the ego, then you can still function in the world while, at the same time, living beyond it. This is what Sananda meant by his saying, "Be in the world but not of the world."

You are an immense, powerful, limitless, intelligent spiritual being and a tiny part of you is identified with the human body/mind complex as it goes through its daily rituals and postures.

There is a built-in intelligence to the human body/mind complex that allows it to function

reasonably well regardless of where the focus of consciousness resides. At times, such as when driving or teaching, you might need to focus intently on just a few things, while at other times (such as during meditation) you are free to allow your consciousness to expand endlessly. Over time, you will become more and more adept at staying in an expanded state even while performing complex tasks.

It is this ability to be free of the world even while appearing to be engrossed in daily life, that brings great joy and upliftment. You stop trying to analyze and figure everything out. You begin to allow the perfection of God to express through you.

"In my Father's house are many mansions" means that the universe is filled with dimensions, worlds and realities above and beyond your immediate reach. Do not become bogged down in the daily grind. Know that ultimately, you are a master of time and space. Embrace your magnificence. Know your unlimited potential. Revel in the mystery of time and the myriad of realities that are encompassed by it. Seek to go beyond the confines of normal time and space. Be the mystery.

We are the Founders. Good day.

Chapter 3 — The Nonlocality of Time / Space

- In this chapter we will investigate in more detail the Nonlocality Principle of quantum physics, including: (a) the original experiments, (b) superposition, and (c) higher dimensions.
- We will also explore the idea that the Nonlocality Principle can be applied to time as well as space.

In order to more fully appreciate the advances of modern science and how they tie in with metaphysical and spiritual truths, let us spend some time discussing the Nonlocality Principle of quantum physics. We will repeat the initial conclusions we described earlier, in slightly different terms.

Many years ago, scientists were able to split sub-atomic particles and separate the pieces over great distances. However, when they made changes to one of the pieces, the changes registered instantaneously in the other piece(s). Somehow the original particle "knew" what was going on with its other part(s) regardless of the time and space involved. In other words, if you separate a particle into two or more parts and place one of the parts in a distant galaxy millions of light years away, changes to the original particle will instantaneously affect the part that has been separated.

How is this possible? Supposedly nothing can travel faster than the speed of light. It is as though the particles are not really separate even though they seem to be. Is it possible that there is a fabric of Creation outside the time-space continuum that connects everything in the universe to everything else? In other words, there is a "Oneness" that pervades all time-space levels and dimensions.

Further exploration into the Nonlocality Principle suggests that there is only one point in Creation and that everything that seems to be present (since the time of the Big Bang) is just a holographic projection of this single original point.

(Note: The technical term for this point is "singularity." A singularity has infinite mass, but occupies no time or space. A smaller version of the singularity that existed before the Big Bang can be found in the center of black holes.)

From a nonlinear point of view, everything happens simultaneously, and, therefore, the Big Bang is happening right now. Nothing is really separated in time-space. Everything we think we experience in the outer world is merely a holographic projection of a single point. The "process" of this projection is known as the Big Bang, which is taking place right now, but in linear time in the distant past (some 14.2 billion years ago).

If you have a powerful enough telescope, you can actually see the universe being created (because it receives the light that originally emanated 14.2 billion years ago in linear time). See Figure 1.7.

There are a number of books that go into detail on the holographic theory of the universe. There is also the work of Dr. Nassim Harimein, who has determined mathematically that the entire universe exists within every proton of every atom. This supports the idea that everything we perceive is part of an elaborate hologram and that there is really only a single point of Creation being holographically projected, creating the appearance of time and space.

There are further implications of the Nonlocality Principle. If there is not really any time or space separating the Creation (as evidenced through laboratory experiments), then time and

space must be illusions. They are appearances interpreted as real by the conscious mind.

If everything is a single point (singularity), then it must be possible to go anywhere within the whole of time-space and perceive what is taking place there. To take this a step further, we can become the entire time- space universe, or rather, we can recognize that we already are the entirety of Creation simply perceiving itself to be separate entities.

You may be wondering why mainstream physics has not come to this conclusion. It seems the above perception is confined to the realms of spirituality and metaphysics. But even simpler ideas from science are hard to accept by most people. Consider the concept that everything is mostly empty space (the great distance between the protons and electrons in an atom, or the relative lack of mass in an atom compared to the amount of space it takes up).

We know, from science, that there is a field of energy surrounding every human body. This field interacts with all other bodies to form an energy matrix. Yet we are attached to the idea that each body is separate from every other body and, hence, we make a deep, subconscious association that every person is separate as well.

Our whole society is based on the illusion of separation. Believing we are separate, we design elaborate defense mechanisms, both psychologically and physically. We believe there is a force outside of ourselves that can harm us or destroy our little version of reality.

Most science is funded by large corporations and governments. A lot of time, attention and money are given to technologies that can bring superiority to one nation over another, or produce more “wealth” for certain individuals and companies.

It is already known that we live in a field of nearly infinite energy, and yet we accept artificial scarcity and lack, investing in energy production methods that pollute the Earth and promote war and division.

Very few scientists are willing to step out of the status quo and follow the “rabbit hole” of Nonlocality to see where it ultimately leads.

It usually takes a crisis before human beings are willing to change and get rid of their destructive belief systems such as the belief in separation from the whole.

Our Hidden History

Although there is a type of Divine Intervention occurring that prevents the wholesale destruction of the Earth, human beings are allowed (by their extraterrestrial “masters”) to continue blowing themselves up in endless conventional wars.

The topic of extraterrestrial beings was explored in depth in previous publications. Basically, over several million years, various extraterrestrial groups have come to Earth and settled here, interbreeding with those who arrived on Earth before them. Some of these groups, such as the Rigelians from Orion, the Sirians from Sirius A, and the Dracos from Alpha Draconis, have been attempting to enslave the human race and have mounted various “invasions” at different times in history.

Today, these three groups (and a few others) are pulling the strings of government, military, and so-called secret societies, in almost every country in the world. If you do not believe this author, do some research. Investigate. Keep an open mind as you peruse thousands of articles and bits of evidence.

Just how and why could beings from other star systems infiltrate and enslave the majority of humans on Earth?

This is a manifestation of the belief in separation — the idea that someone or something from

outside of yourself can attack or control you. All beings in the universe, regardless of their status or beliefs, are intimately connected to all others. Those who seek to control humanity, whether terrestrial or extraterrestrial, are operating out of the core negative belief in separation and are convinced that they must coerce, force, control, oppress and enslave other members of Creation in order to protect their sovereignty or values, keep enemies at bay, uphold their cherished ideas, etc. Underneath the personal and planetary defense systems is the belief in powerlessness brought on by the idea of separation from the whole.

Within this belief is the idea of victim and perpetrator. Souls actually take turns being one or the other, sometimes within one lifetime, but often over a period of several lifetimes. If you find yourself a poverty-stricken peasant in this lifetime, it is not because you are being punished for what you did in a past lifetime. Suppose in your most recent lifetime you were the emperor living a gluttonous life of excess while people starved outside the palace walls.

The soul wishes to experience both sides of the duality of victim and perpetrator, so it engineers a set of circumstances to give you that experience. “Well, I was the oppressor in my last lifetime so now I will choose a lifetime of being oppressed.”

Punishment has nothing to do with it. Yes, there may be consequences for bad behavior, but that does not mean you are being judged by God. There are consequences if you jump off a tall building (and have not learned how to levitate). Imagine a young man breaks his body by jumping and then blames God for his broken body. “God must hate me. He is punishing me. He caused me to break my body.”

Ignorance of natural laws (in this case, gravity) does have consequences, but this has nothing to do with a judgmental God. The belief that some deity is passing judgment is part of the belief in separation. This aspect of the belief gives rise to the idea of guilt. Guilt is probably the most destructive state of consciousness in the universe.

It is not the purpose of this book to go deeply into the psychological problems associated with the belief in separation. You can find a lot of detail on these topics in the other books. We are more concerned with enlightening you regarding the nature of time.

Now, let us return to our main discussion on Nonlocality.

What is Superposition?

If all time is happening NOW, and according to laboratory experiments this is a fact, then it follows that we must be alive and dead at the same time, at least physically. Of course, quantum science is most famous for the double-slit experiment and the Schrodinger’s Cat hypothesis, which essentially states that a cat can be both alive and dead at the same time due to superposition, or a wave of possibilities. Only when the cat is observed is it found to be in one or another of these two states. The double-slit experiment showed that when reality is in its non-observed state, it resembles a wave of possibilities, but when observed, the waveform collapses into a predetermined state (a particle).

We will not go into detail on the mechanics of the double-slit experiment since that information can be found in virtually all quantum physics journals and textbooks.

Think of each element of the waveform as a possible or probable reality (an individual or collective timeline). When souls set a strong intention to create in a linear manner, the possible and probable timelines “collapse” into a dominant timeline, or what most people call ordinary reality.

We can easily transfer the hard science of superposition into a discussion of metaphysical

principles. The Uncertainty Principle is the main focus when it comes to the concept of the "future." You could say that the future represents an infinite array of possibilities — things that might or could happen. A silly example may be appropriate here. Imagine you are sitting quietly and reading this book (either hardcopy or on a computer or similar device). In the very next moment, there are an infinite number of things you could choose to do. You might stop and pour yourself a drink. You might check your email. You might adjust your shirt (if you are wearing one). You might roll your neck to keep from getting stiff. You get the point.

All these contemplated actions exist in possible or probable realities. If the action is likely, such as eventually pouring yourself a drink, then this proposed activity is part of a probable timeline. For actions less likely, such as pausing to eat poison, that is part of a possible timeline (since you thought about it). In fact, imagining something, however improbable, is all it takes to weave another thread into the fabric of time-space. The very fact you just imagined eating poison suggests there is a possible timeline somewhere in the fabric where you are doing that very thing.

(Note: There is a predeterministic philosophy that suggests all possible and probable timelines are already set and you are simply choosing which one(s) to experience. While this may be true on one level, it also appears that it is possible to create new timelines, especially considering the statement that we are created in the image and likeness of our Creator and that our Creator has infinite creative ability, therefore implying that it is always possible to create something that did not exist before, at least in linear time.)

Perhaps it horrifies you to think that everything you imagine actually exists somewhere in the time-space fabric. Fortunately, it usually takes a lot of energy and enthusiasm to bring a possible reality into the dominant timelines. But, yes, on some parallel timeline perhaps you really did suffocate your mother-in-law.

In a later chapter when we talk about "activating" timelines, we will examine the idea that what we put the greatest effort into, what we infuse our consciousness into with the greatest intensity, produces the greatest results in the outer world. This is well-known in the field of success motivation. "Whatsoever you fervently desire, with all your might and intention, shall come to pass." Or something like that.

Books such as "*As a Man Thinketh*" (James Allen) and "*Think and Grow Rich*" (Napoleon Hill), have been bestsellers for decades in the self — improvement category. These books and courses are simply making use of the idea that what you put most of your energy into will create the strongest probable timelines.

We will go into greater depth on this point later in the book, but for now, let us continue our discussion regarding Nonlocality.

The Story of Higher Dimensions, Wormholes and Time/Space Warps

The Nonlocality Principle suggests that there are one or more higher dimensions that are superimposed upon, or encompass, so-called three- dimensional reality. You might recall, if you have studied superstring theory, that the math employed suggests multiple higher (or lower) dimensions.

If it is true that advanced civilizations have visited the Earth from distant star systems (as the evidence suggests), then they must have used a technology that does not rely on sub-light speeds traveling through a three-dimensional time-space.

It makes sense to explore the possibility that these advanced races learned how to travel through wormholes (areas of time-space that connect other regions of time-space by “tunneling” through other dimensions). See Figure 1.9.

There is an analogy, that of the “Flatlanders” who live in a two- dimensional flat plane. They are unable to perceive or measure the third dimension of depth.

However, the Flatlanders can see the results of interaction between the third-dimension and their two-dimensional world. For example, if a three- dimensional car were to drive across the two-dimensional plane, it would leave tire marks. The marks do not look anything like the car, of course, and so it is very difficult to understand what a car looks like just from observing the tire marks, but until the Flatlanders learn how to expand their awareness (their perception of higher dimensions), they will need to form theories and conduct experiments in an effort to understand the car that made the imprints in their reality.

The best analogy of higher dimensions that we have involves the idea of sets and subsets, or in this case, bubbles that are contained within larger bubbles. Although this is a fairly elementary analogy, it might be good for a refresher.

For example, you can imagine all the integers contained within a bubble that is floating inside a larger bubble called the rational numbers. See Figure 1.10. All the integers are contained within the rational number set, but there are a great many rational numbers outside the integers (such as fractions and decimals); hence, the part of the rational number bubble that is outside the integer bubble contains a much larger area.

The rational numbers are then completely contained within the real numbers (all fractions and decimals are contained within both the rational and real numbers, but square roots, pi, and various other non-repeating decimal equivalents are outside the rational numbers).

Then of course the real numbers are contained within the complex numbers. Square roots of negative numbers, etc., are in the part of the complex number bubble that is outside the other bubbles.

For those of you reading this that are mathematicians, we apologize for backing you up into extreme basics.

Figure 1.9

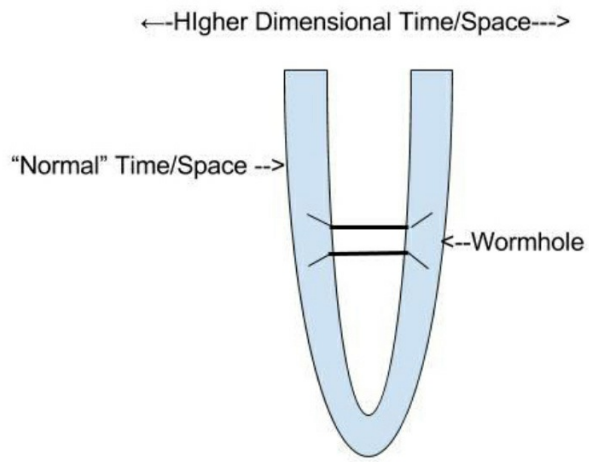
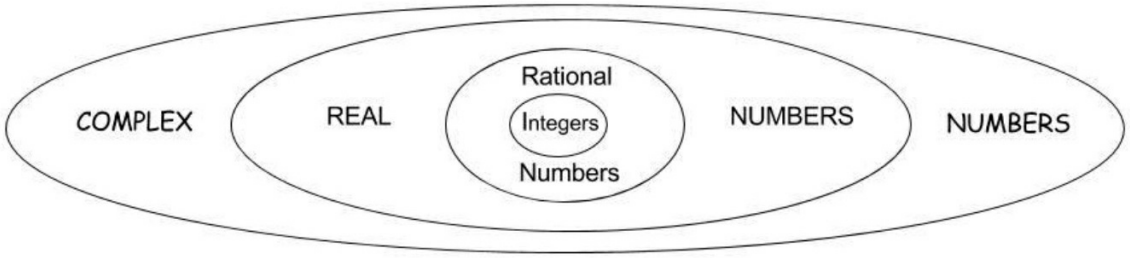


Figure 1.10



Each higher (and lower) dimension will have its own version of time- space. The principle of natural harmonic time compression suggests that time moves more quickly in the higher dimensions. Therefore, it might be possible to access a higher-dimensional plane and travel just a few seconds through this realm, and then re-enter three-dimensional time-space not only thousands of light years from where you started, but thousands of years in the future of three-dimensional linear time.

In order to navigate such wormholes or time-space warps effectively, you might need to choose wormholes that preserve "present" time when propelling a spaceship thousands of light years across the galaxy (or millions of light years across other galaxies).

In science fiction stories, the universe is full of anomalous time warps. Ships meet each other in different time frames (recall multiple versions of the starship Enterprise showing up in a time-space anomaly during one of the *Star Trek* episodes). Although Hollywood has a long way to go to make sense out of time-space distortions, many of the ideas are capable of preparing the reader for a greater appreciation of the real mystery of time.

This author goes into great detail in his previous books regarding the subject of higher dimensions. As stated earlier, he has created a model system employing 12 dimensions. Remember that these are only models, and a model is not the reality described. However, models are helpful for intellectual understanding and communication in this world. Since these are very difficult concepts to convey using ordinary terms, illustrations such as those provided in this book can be beneficial. In the last chapter, we will explore higher dimensions in more depth and go into what exists beyond time and space.

The Nonlocality Principle Applied to Time

- There is a concept that everything has already happened and we are simply choosing to re-experience it — we can re-experience timelines we have previously explored, as many times as we like, or we can jump into new timelines that have already been created and experience those. At a very high level of consciousness, we may be able to create something that has never existed before in linear time.

If the Nonlocality Principle can be applied to space, can it also be applied to time? If so, what does this imply? It would mean that time travel is already a reality, at least at the sub-atomic level.

Imagine that all of space is interconnected and that it is possible to travel instantly (or nearly so) to any place in the universe. Of course, this is possible if everything is really a single point. But if that is the case, then time must also be a single point and, therefore, it is possible to travel everywhere and anywhere within the time continuum.

If everything is happening NOW, as we showed earlier, then the past and future are happening NOW and can be accessed NOW in much the same way that nonlocal space can be accessed.

We have devoted an entire chapter to the idea of time travel, including its conundrums, paradoxes and limitations. In that chapter, we will describe ways of resolving the paradoxes, and we will give a practical application (in Part 2) — one that has profound implications for the practice of psychotherapy.

Let us now turn our attention to the basic premise of Nonlocality, which states that changes made to one part of the time-space fabric affect everything else in the time-space fabric. This was demonstrated originally when separating aspects of a subatomic particle. However, laboratory experiments are being undertaken to show that in fact every particle in time-space is connected to every other particle in time-space. This means you as a human being are connected to an extraterrestrial ten million light years from here, etc.

In addition to the inherent Nonlocality contained within all space, this Nonlocality applies to time in much the same way. What does this mean? Simply, every event taking place anywhere within the time continuum affects every other event taking place in the time continuum.

At first, this might seem counter-intuitive or just plain ridiculous. How could something that happened thousands of years ago, or that might happen millions of years from now, affect what is taking place right now? Yet this is the natural extension of Nonlocality and has already been proven at the subatomic level.

In fact, subatomic particles have been observed registering changes based on events that have not yet happened. In addition, particles have been observed going back in time and making changes that subsequently cause particles in present time to register the changes. See the chapter on timeline healing for more information on practical applications of this idea.

Before we lose a large percentage of our readers who are unable to grasp the meaning of this, let us summarize the implications of Nonlocality with respect to time: (1) Everything taking place in the “past” or “future” is affecting what is taking place in the present; (2) Everything taking place in the present is affecting everything taking place in the “past” or “future”; (3) When a change is made to the present, it affects the “past” and “future”; and (4) When a change is made to the “past” or “future” it affects what is taking place now.

When you think about something that took place in the past, this memory is, to a very small extent, actually influencing what originally took place in linear time. If there were 100 people

having a very intense experience in the past, the energy of those participants is contributing probably billions of times more energy to the observable “past” reality than your memories of those events. Nevertheless, your memories are sending out minute amounts of conscious life force energy through the Nonlocality of time.

Events occurring in the past that are dwelt upon by large numbers of people in present time, such as holocausts or natural disasters, are actually affected by such collective consciousness. The energy directed into these past events can change and grow depending on how much focus is placed upon them, regardless of the period in which the events took place in linear time.

For example, the Jewish and Russian holocausts, which took place perhaps 75 years ago in linear time, are still being “activated” by the consciousness of millions of descendants of those who originally took part in the dramas. In other words, the energy of those events is directly affecting those who are dwelling upon the events. This is well known in psychology, as it is possible to create illness in the present body simply by dwelling on unpleasant experiences from the past.

You might think such memories are purely a function of the subconscious mind, and that the subconscious alone is responsible for declining health in the example above. While this is true from one perspective, the Nonlocality of time means there is an energy field existing throughout time, and the soul dwelling in memory is tuning into that energy field and is experiencing part of it.

Using the Nonlocality Principle of Time as a Benefit to You and Others

In later chapters, we will talk about timeline healing, a technique that can be used to heal traumas from any time and place. There is also a process called “reverse timeline healing” that focuses on positive highlights of one’s life instead of the traumas. There are useful applications of focusing on positive events that seemed to happen in the past.

“Remember the good times,” says the popular song. “Yesterday, love was such an easy game to play,” says another. Everyone loves fond memories of the past, but did you know that you can create a link to a past self and bring the energy and consciousness of that self into the present?

In essence, all past and future selves exist right now and so you can access those selves in this moment. When you link to a particularly powerful or successful past self, you broadcast or radiate that energy out into the world and, due to the Law of Attraction, such an intentional direction of energy brings about positive results in the linear timeline.

Being intimately connected to all time and space means that you can access any or all knowledge needed to respond to the events in your life presently. You can recall the answers to an exam by projecting a part of yourself back to the time and place where the knowledge was first imparted.

All knowledge is stored in what mystics call the “Akashic Records.” You can think of this repository as a dimension similar to the Bose- Einstein Condensate (where all time-space reverts to a static state of pure existence).

You can also project yourself mentally to any great and wise person who has existed at any time throughout history and connect to the consciousness of that person. You can download wisdom directly from the higher mind of that soul to yours.

We will have more to say on these applications of nonlocal time in the chapters on timeline

healing.

Chapter 4 — The Nature of Alternate Realities

- An infinite number of parallel realities/timelines have already been created and free will simply means we can choose which one(s) we want to experience. In many levels/dimensions, it seems we are creating something "new" when in fact, we are merely exploring a reality that has already been created. There may indeed be a realm where entirely new timelines are born, but this level of consciousness is far beyond the level of most human beings on Earth.

This statement is very similar to one we gave earlier regarding parallel realities, but there is a change of emphasis and wording. The above paragraph might seem to imply that everything is fixed and we are merely exploring something that was already created. This appears to indicate that we are mere players in the drama and have no access to the director or producer of the cosmic play. There are some popular philosophies circulating in the world today that suggest the "Infinite I AM" is not accessible to human beings, or that there is nothing you can do to influence or change the will of the Infinite I AM. In truth, at the highest level of being, you ARE the Infinite I AM and you are a powerful creator.

At lower levels there is continuous change, expansion and extension going on within the Creation. The fabric of time-space is not fixed and static. Time-space layers and loops are constantly moving and changing like ripples on a flowing river. Imagine the tapestry of time-space with imperfections, knots, dropped stitches, crinkles, creases, double-stitches, etc. It has been said that there are exceptions to every rule in the universe, that God is a work in progress. While some levels of Divinity might have perfection and a static state, there are many levels that are unpredictable and seemingly imperfect.

A. Déjà Vu and Intersecting Timelines

On occasion, parallel time frames overlap or intersect. When they do, it is possible to have a déjà vu experience. While some déjà vu visions are precognitive dreams being played out in the waking state, in other cases there is an alternate reality intersecting with the dominant timeline. Let's use an example. In an alternate layer of time (possible or probable timeline) you win the lottery and are celebrating your winnings by inviting various people you have not seen in a while to a party. In the dominant timeline, you do not win the lottery, but you have this sense of being at a party with people you know. "Didn't I just meet you at a party last week?" "No," says your friend. "I was not at any party last week."

Usually, a déjà vu experience is not that obvious. For just a moment you feel as if you have relived an experience, but then this feeling fades quickly. You might jump into an alternate timeline and not even realize you are doing it. Suddenly everything seems different. Your surroundings appear to have changed and yet at the same time they are familiar.

At other times, you get the distinct feeling that you have an alternate self that is experiencing a different set of conditions even though most of the "props" of your life are the same. For example, one self might be jovial and full of enthusiasm, while an alternate self is despondent or

worrisome. The difference in feelings cannot be adequately explained as an “alter-ego” or buried part of the subconscious coming to the surface. It is as though you actually have two selves with different feelings and experiences.

In actuality, you have potentially an unlimited number of parallel selves, one for every conceivable variation in free will . At the same time, it is possible to reach a state of consciousness where all these selves merge into one. In other words, you can enter a timeless state beyond all possible and probable realities. The whole tapestry of time-space is laid out below you.

You also have the ability to follow what is termed your “optimum path.” Another way to say this is that you can consult with your Higher Self and ask that only the highest and best possible outcome will manifest in the dominant timeline. The alternatives still exist, but they lose most of their energy and become insignificant to your dominant self.

In the higher realms, the concept of free will becomes meaningless because you are being constantly guided by your God Presence within. Your God Presence chooses what is best for your soul growth, happiness and well-being. There is complete acceptance of “what is” in every moment. At first glance, this idea might seem to involve a restriction on personal freedom, but the truth is that when you align with your higher- dimensional aspects, you have more freedom than before. You are no longer being driven by ego desires and unconscious mental and emotional patterns from the subconscious mind. Now your soul is in charge and is arranging your experiences based on what it desires to know and understand.

Because all time is NOW, it is possible to explore many alternate futures and then come back to the present. As the dominant timeline unfolds, you begin to “remember” these alternate futures and this can seem to be a déjà vu.

Regarding the subject of déjà vu, it might be difficult to “capture” such an experience because often it is just a momentary flash of realization: “I've been here and done this before.” Yet, you might jot down in a journal or diary as much as you can remember about the experience. What music was playing, if any, when the déjà vu was triggered? Who were the characters in your daily drama at the time? What action were you performing?

If you have been to various future timelines, you are probably “remembering” some of them at the time of the déjà vu. Yes, they exist in an alternate reality and yes, you can often bring them into the dominant timeline. You can connect with the parallel realities that are intersecting with your dominant timeline during déjà vu. If you desire to bring one of them into the forefront of your experience, then go ahead and focus on it. Ask your Higher Self to bring that alternate reality into your daily life.

B. Time Loops and Paradoxes

- In this subsection, we will explore (a) the principles and paradoxes of Time Travel; (b) creating new timelines, and (c) further the concept of free will vs predestiny.

In the next chapter, we will explore time travel in more detail. Here, we are merely introducing the subject. We will also reiterate something we said earlier about the imperfections within the tapestry of time-space.

If you examine a tapestry or any knit item, you will find “loops” of thread, sometimes tangled as well. The same is true of time-space. You could think of a wormhole as a kind of space loop. But do such loops exist in time as well? The answer is yes. Before we discuss time loops, let us

examine a related subject — time paradoxes.

Time loops are similar to time paradoxes. A time paradox exists whenever a soul tries to bring certain disparate timelines into the dominant timeline. This is like trying to knit a distant corner of the tapestry into the area you have been working with. The result is chaos and loss of integrity of the tapestry.

The most famous time paradox involves the idea that you can travel back in time to the past when your grandfather was alive. Then what if you accidentally (or on purpose) kill him? That would mean you were never born. But if that is the case, you could not have gone back in time and killed him in the first place.

The Grandfather Paradox is technically an example of a time loop, but one that cannot occur without compromising the integrity of the time- space continuum.

To resolve the paradox, remember the idea of possible and probable timelines. Just the thought of going back and killing your grandfather gives rise to a low-energy, highly improbable possible reality wherein the grandfather was killed and you were never born. This is an alternate universe where everything you have done in this dominant timeline never actually occurred.

Perhaps you remember the popular movie, "*It's a Wonderful Life*." In this movie, the main character is despondent and feels as though he is worthless. "The world would be better off if I just died." The man's guardian angel then goes on to show him what the world would be like if he had never been born. He discovers things would have been radically different and not in a good way.

Getting back to time loops, the best way to describe this idea is to use examples. The first example utilizes the idea that a parallel reality can intersect with the dominant timeline and change the dominant timeline in ways that do not violate the laws of free will .

Description #1: When you were five years old, your father beat you repeatedly and you grew up being afraid of men and having bad relationships with men. Then you travel back in time and give your five- year-old self a healing. As a result, he feels much better and is able to resolve his fears about men. Now, when you think about your past, you remember the wonderful healing you received when you were five years old. The original timeline still exists, but you have "jumped" into a new timeline that includes the healing.

Description #2: A man comes to a healing session and during the session is taken back in time to a traumatic experience from childhood. The man is directed to give his childhood self a healing. The man appears as a golden being of light and reveals himself to the child. After coming out of meditation, the man distinctly remembers that when he was a child, a beautiful being of golden light came to him. Now he knows why.

Description #3: You go five years into the future and meet your future self who is now highly successful in the area in which you want to succeed. After meeting your future self, you return to present time and go through the linear, dominant timeline process of connecting with your future self. In other words, you are traveling a linear path that reaches the future self you already met when you traveled the "fast side" of the loop during meditation.

The process of "remembering" the changes you made can be called "jumping" into a new timeline. When a soul (such as the one in Example #2) realizes that he has already met his future self when he was young, this is called "closing the time loop."

In various Hollywood movies and television series, there are permutations of time and space that are quite intriguing. While many of these adventures clearly violate the known paradoxes of time-space, they are, nevertheless, opening people's minds to the various complexities of parallel dimensions and time frames.

For example, in the TV series, "*Star Trek*" (the original series and The Next Generation), there are some episodes where the starship Enterprise and her crew are duplicated, or exist in parallel universes. In one episode, the starship appears dozens of times as various parallel realities begin to diverge and then collapse into one another. There are examples where characters go back in time and meet their past selves, or travel into the future and meet another version of themselves.

This so-called daily life (the world you appear to inhabit) is carefully "sealed" and is self-contained when you are in a "normal" state of consciousness, but when you alter that state (through meditation, drugs, or some intense experience), you realize that you are interconnected with other vast realms of alternate time and space.

The shaman is a person who has learned how to access these alternate realities and apply them to the present life. There are some shamanic practices wherein the soul establishes communication with a future or past version of himself and channels information from that self.

"I am the future self of this author. I am living a life 500 years in the future. The purpose of my appearance in your time frame is to help you avoid catastrophe. I am here to help prepare you for a new way of living."

Is this visitor from the future altering the timeline in a way that violates the Grandfather Paradox? Not necessarily. The construction of alternate timelines is such that you can access any of them as long as you do not violate the free will of other souls living in the dominant timeline. If this author agrees to receive a visitation from a version of himself that is living 500 years from now, then that choice becomes a part of the dominant timeline. In other words, you could say that at a high level of awareness, it was "meant to be" that the author would connect with this future self.

C. How to Access Your Parallel Lifetimes

To access past lifetimes, you can use techniques such as past life regression or timeline healing (described in later chapters). Remember that past lifetimes are happening now in the form of parallel realities (alternate timelines), even though in linear time they appear to happen in a sequential fashion.

(Note: In some cases you can study anthropologically the evidence that you were so-and-so in a past lifetime, but more often, a soul simply identifies strongly with a different soul and mistakenly believes he was that soul in a past lifetime.)

A previously discussed example of parallel lifetimes would be the case of Schrodinger's Cat. Schrodinger's Cat is both alive and dead at the same time. Your past lifetime selves are also in this state of superposition. From a linear point of view, they are long gone, returned to dust, but from a nonlinear perspective they are alive and well, carrying out their multidimensional tasks and assignments.

As we stated earlier, the Nonlocality Principle applied to time means that you can access your present and future lifetimes as well as your past ones. You can think of yourself going back in time mentally, or you can visualize going back by utilizing a space ship doubling as a time machine. The ship might have a method of dialing in the specified time period (see timeline healing).

First, you go into meditation (preferably a theta brain-wave state) to ensure that the linear surface self does not interfere very much. Then you ask your Higher Self to dial in the specific time period you wish to explore. An example would be: "Higher Self, take me to all my past and

parallel lifetimes occurring during the last 1,000 years of linear time." Of course, you will probably want to explore them in a linear fashion, one at a time, but you can also line them up in front of you like multiple video screens and watch each lifetime being played out simultaneously.

If you are engaged in therapy and healing, you will probably use timeline healing or past life regression to first get in touch with one or more lifetimes that need healing, and then actually perform the healing using various holistic methods.

You can also ask your Higher Self to show you present-time lives that are going on concurrently with your dominant timeline but in higher dimensions (or lower ones). "Higher Self, what are my other-dimensional selves doing right now in present time?" If you want to see possible and probable selves, you can ask, "Show me the most significant parallel lifetimes." If you just say, "Show me my parallel lives," your Higher Self will not know what to do, since you have an infinite number of parallel selves, both dimensionally and in probabilities.

Let's use the following example: Suppose that in present time your dominant self is alone and desiring a relationship. You can ask your Higher Self to show you an alternate self that is in relationship. There are techniques for "downloading" the energy of your alternate self into your present body/mind complex. You might wish to emanate the thoughts and feelings of your alternate self that is in relationship. The Law of Attraction says that if you behave like someone who is in a satisfying relationship, you are likely to attract someone who is satisfying to you.

Do not get discouraged if your first few (or several) attempts to contact your parallel selves do not seem to work. This takes practice.

You may already have a sense of other selves. "I keep seeing myself in a wonderful relationship and it's not just wishful thinking. A part of me is actually there, experiencing this."

When you successfully contact an alternate self, it is possible to communicate with that self. You can "download" information from your alternate self to your present dominant self. You can also "upload" information from your present dominant self to your alternate self, especially if your present dominant self is having a more fulfilling experience of life than your alternate self.

If you ask your Higher Self to bring into your awareness those selves that are perfect and right for your soul growth, happiness and well-being, then there will always be a valuable lesson or insight when contacting your alternate selves.

If you can conceive of a reality different from the one you seem to be experiencing on Earth, then you can rest assured that there is an alternate self actually experiencing that reality. Unfortunately, yes, there is a parallel reality where you murdered your mother-in-law instead of simply fantasizing about it. The good news is that the infinite Creator does not judge anything as good or bad, right or wrong. It is the human ego that judges. Paradoxically, if you stop making yourself wrong for your bad behavior, your behavior is likely to improve on its own, without rigorous discipline or punishment.

If you have a parallel self that is murderous, greedy, selfish, or whatever, you can forgive that self and send it love.

You may feel guilty for negative thoughts and feelings, even if you are sure that the alternate reality they are creating is minimal or of no real consequence. Forgive yourself and release all such feelings immediately. Feeling guilty about anything is likely to perpetuate bad behavior. Psychopaths have, at a deep level, a belief that they are defective or bad. Send them love, even if it appears to have no effect. Do not engage them or allow them to control you energetically, but do not react either. Remind yourself that you are created in unconditional love and perfection.

It is important to establish boundaries between your present dominant self and your alternate

selves, regardless of where they are in time. When you need to be fully present in this lifetime, imagine a shield of golden light surrounding your body/mind complex. Ask to be free of all influences from other levels and dimensions. Ask that all astral or etheric energies, thought forms or entities entering your space be 100% of God's loving light. Tune into the perfection of your Divine Being.

Now it is time to hear once again from the Founders:

Channeling #4 — Message from the Founders regarding Paradoxes

Greetings, dear Creators. We are the Founders. Part of the beauty and majesty of the Creation is in the anomalies, distortions and unexpected paradoxes and conundrums that permeate the universe. If everything were perfectly ordered and symmetrical, life would indeed be boring. Despite the consistent laws and principles of the Divine, there will always be mysteries, things that perplex and raise questions. We rejoice in the nonlinear nature of reality. Even at our level of vibration, there are unknowns and unknowables. God is truly infinite in every sense of the word. How can you contain the unfathomable?

The mind of humanity attempts to explain away the mysteries of life. While this is sometimes useful, it also explains away the magic and enchantment. When you look at a sunset, do you think about refracting light, water vapor and how it reflects sunlight? Or do you simply marvel at the incredible scene before you?

Part of self-mastery is knowing when to engage the rational mind and when to let it go. This is especially true when perusing the subject of time. Let's put it bluntly: You will never fully understand time if you approach the subject intellectually. There are some aspects to Creation that are not meant to be figured out. Although this book makes a gallant attempt to take some of the mysteries out of time, there are other aspects that will always remain unknown and unknowable.

Mysteries can be delightful. They remind all of us that the Creator is indeed beyond anything that can be conceived. No matter how high you go in vibration, no matter how much knowledge you accumulate, no matter how many experiences you have, there is an aspect of God that is beyond all this. You even have an expression, "beyond the beyond."

Although to you we may seem to be boundless vast beings of Light, there is an aspect of our Being that is like a little child — full of wonder when gazing upon the loveliness of the universe. We urge you, dear Creators, to never lose your sense of wonder. Although you might become vastly more knowledgeable about time as you grasp the ideas presented in this book, never let knowledge take over your childlike sense of curiosity and desire to explore uncharted regions of consciousness.

We are here to remind you that reality is innocent, fresh and new every moment. Learn to live in the magic of the moment. Be yourselves, but don't try too hard. Let it be.

We are the Founders. Good day.

Chapter 5 — A Deeper Look at Free Will and Predestiny

The best way to describe free will and predestiny (predeterminism) is to more carefully define the three levels of consciousness to which these concepts apply. It is helpful to read this author's earlier works to fully understand the dimensional model system he is using.

For simplicity, we will call the three most relevant levels of vibration third, fourth and fifth densities.

Third Density: Imprisoned Will

There is little or no free will in third density consciousness. This is the realm of conformity and adherence to various belief systems. Souls residing in third density do not have free will because their wills are imprisoned within programming and conditioning. They have what could accurately be termed, the "illusion of choice." This means they can seem to choose between, let's say, a red dress and a white one, or between a Ford and a Chevrolet, or between the evening news channel and entertainment. But they have no real choice — their so-called "choices" are all based upon their programming and conditioning — their belief systems about reality.

This becomes even more obvious with religion. A Baptist may seem to have a choice of churches. Maybe there are eight Baptist churches in the city and three of them are close to home, so the Baptist and his family go to all of them once and then decide which one they like the best. But can you imagine a Baptist going to a Buddhist temple or Muslim mosque?

On a more subtle note, you have "eclectic" religious people who might explore different religious paths. They may even see that each path is like a different part of the same creature (recalling the story of the blind men and the elephant). Yet how many people have a core belief about God that still controls them from deep in the subconscious?

This author uses the analogy of being stuck in a box. The box is the collection of belief systems, conditioning and programming that defines the little self's existence. The so-called "enlightened" religions have simply built a bigger box than the so-called "fundamental" religions. The "New Age" teachings might have a more all-encompassing view of God, but most of them are still subject to the clever and cunning ways that the ego maintains its illusion of control on reality.

It is extremely rare for an individual to be completely outside the box. Such a person must release all concepts, ideas and attitudes regarding the Creation and have a direct experience of reality without the labels, descriptions and conventions of modern society. There must be no identification whatsoever with the accepted beliefs of the world. Such a soul must give up the "sacred cows" spoken of in earlier works by this author. Sacred cows are beliefs that are so deeply embraced by the world that they are considered absolute truths. Examples would include the belief that death and taxes are certainties. There are yogis and rebels that have managed to avoid these so-called inevitabilities.

Unless something is true for everyone and everything, it is not an absolute truth. If one subatomic particle can demonstrate the ability to travel in time, then time travel cannot be impossible. Therefore, the sacred cow that "the past is set in stone and there is nothing anyone

can do about it" must be re-examined.

Souls in third density are conditioned to believe reality is a certain way and they are encouraged to conform to that reality. They are locked into linear time and are unable to fathom the idea of nonlinear or vertical time. Conformity, or "sameness" is the main characteristic of third density consciousness. This is not to be confused with unity or "oneness" which is a quality of fifth density consciousness.

About 75% of the world is stuck in third density consciousness. This is obvious when you see what the average human being is doing with time. The Founders once observed, "Human beings spend five days a week working so they can afford to buy things on the other two days of the week — mostly things they do not need."

The merry-go-round of consumerism is a prime example of being stuck in a box. People watch news and entertainment shows where advertisers hawk their trinkets and charms, then the consumers rush out to buy the latest iPhone or fashions. They go further and further into debt in order to maintain the lifestyle they have been conditioned to believe in. Then they must work harder and harder in order to pay the interest on the interest on the interest on the debts they have accumulated.

Very little time is left to actually free the little self from this hamster wheel of illusion — the idea that the one with the most toys wins.

The conformity of third density plays itself out in various ways: nationalism, racial pride and prejudice, social and ethnic group identification, religious belief and dogma, the illusion of choice in politics (one party masquerading as two in most so-called "advanced" countries), etc. Reform after reform, no real change ever occurs as long as people are slaves to their belief systems.

Fourth Density: Free Will

This is the realm of true choice, although it could be said that the only real choice is whether to accept that you are One with God, or choose to believe that you are separate from God.

Fourth density souls have freed themselves from limiting belief systems and programs, and are free thinkers, or individuals, rather than sheep blindly following the status quo. They are likely to be Libertarians, or even anarchists, opposed to oppressive governments and military/police states. They may confuse conformity with unity, thinking that fifth density souls are communists or socialists or are somehow mind-controlled (which is true of third density consciousness).

Fourth density "individuality" is a natural progression once a soul has begun questioning the creeds and dogma of the day. Often, this begins with disillusionment, or a realization that what he or she has been taught is not entirely accurate. Often this disillusionment occurs during the so-called mid-life crisis. You have been working since you graduated college, at a job you really don't like, and now you're in your forties and you start questioning, "Is this really all there is to life?"

Maybe you got married, had children, bought a house in the suburbs (that you really could not afford) and now you have a bumper sticker on your car (a parody of a certain Disney production): "I owe, I owe, so off to work I go." Your life consists of two weeks of "vacation" each year, plus two weeks of Christian "holidays" where you spend time with family members that you ignore the rest of the year.

After 20 years or so of this, you start questioning, and that's when movement into fourth

density consciousness really begins. You make the first real choice of your life — whether to continue keeping up with the Joneses and playing your part in the drama, or whether to break away and start taking a fresh look at your life. Perhaps you are successful in releasing the status quo and you become eccentric and unusual compared to most people. You might change your political status to "Independent" or "Libertarian." You might start an unusual business or hobby while your friends and neighbors begin scratching their heads in disbelief.

At this point you might be attracted to "New Age" pursuits, or alternative lifestyles. You might join a commune or spiritual community, practicing yoga, meditation or other disciplines. You discover ways to begin dismantling your conditioning and programming. You recite affirmations to counteract the negative belief systems in your subconscious.

The law of fourth density is "The quality of your consciousness determines your experience of reality." You recognize that your thoughts create your perception of the world and so you seek to change your thoughts. You might come to the realization that the problems in the world are created by karma — that the misery and suffering go back before this lifetime — that perhaps you did something wrong a long time ago and are still paying for it in this lifetime. While this is not really true, it seems to be so when you are trapped in fourth density. You have traded your little third density box for a much larger and more beautiful fourth density box.

Many souls believe fourth density is the ultimate reality. They consider themselves to be free because they are no longer slaves to the system. This is part of the trap. In most cases, there are levels of illusion that you have not really cleared in fourth density. For example, guilt. The belief that something is wrong with you, or that you somehow deserve punishment and suffering for what you have done in the past, stems from Original Cause. This is not to be confused with Original Sin, a concept created by the church to keep you locked in the realms of duality. Original Cause is the first experience of coming into the lower worlds through incarnation, and consists of the traumas you had during the process, and the belief systems formed during those traumas.

Until you heal the original trauma associated with becoming densified into a physical form, you will not clear all your karma and learn how to be completely free of all boxes. This author has a lot of information on Original Cause in his earlier books and we strongly suggest you read about this in order to understand the deepest layers of guilt and fear in the subconscious mind.

It was probably Goethe who said, "There are none so hopelessly enslaved as those who falsely believe they are free." Unless you have put guilt aside permanently, you are not free. You have simply upgraded your prison and given it more amenities.

Those who give their power away to past life karma, believing they must suffer iniquities and bad circumstances because of something they may or may not have done in a past life, are among those who have fallen prey to the trap of guilt.

Souls desire experience. They are adventurous. They want to explore all aspects of the Creation, including the realms of duality.

If you were a king, queen or some sort of royalty in a past life and you abused your wealth, being gluttonous and greedy while peasants starved outside the palace walls, then your soul might want to experience the other side of the duality in the next lifetime. Therefore, you come in as a poor peasant, starving outside the palace walls. Is this punishment for the "sins" of your past life? Absolutely not. It is merely the soul's desire to experience both sides in the drama of duality.

Those who have already read this author's previous works know that this idea is repeated often. Any time we engage repetition in these works, there is a good reason. Many of the Eastern

teachings are just as insidious at promoting guilt as the Western teachings. Believing you must pay for the "sins" of your past lifetimes in this present life is merely an extension of the idea that you will go to hell when you die because of your iniquities.

Forgiveness is the key to dissolving karma. Forgiveness is not the same as pardon. You might pardon someone without really forgiving. Perhaps someone owes you money and you decide to pardon the debt, but deep inside you still feel angry that this person failed to pay you back. True forgiveness involves a release of all negative feelings and the recognition that the soul who committed the so-called iniquity is a perfect child of God wearing the mask of imperfect human.

In real forgiveness, you realize that whatever happened is simply part of the drama and does not change the fact that you and the other are both expressions of unconditional love. As you learn to forgive and love yourself and others unconditionally, you finally transcend fourth density consciousness and begin moving into fifth density.

Fifth Density: God's Will

From a fifth density perspective, all is One. The separation is an illusion. Since all is God, there can only be one will — God's Will. While at first, this might seem restricting — God makes all the decisions and the little self is powerless to do anything about it — ultimately, this is liberating. There is actually more freedom in the fifth density perspective because God's unlimited nature is your unlimited nature. At fifth density, the ego dissolves into the realization that there is only one Holy Divine Self, and that it is possible for a human soul to live a life on Earth based entirely upon God consciousness.

Fifth density souls are the true leaders, able to guide others out of the illusions of third and fourth densities. In fifth density, you realize that all belief systems are limiting — even the spiritual or "New Age" beliefs. They may be loftier, prettier and more satisfying, but they are still interpretations of reality — they are not the things described.

In fifth density, you realize that you are intimately connected to everyone and everything — not just as a concept, but as an actual energy field or energy matrix. You see the false matrix — the web of energy that holds almost everyone in a collective race mind system of beliefs. This third and fourth density matrix is mostly composed of fear. You become aware of the dimension of fear that seems to hold most of humanity hostage. You can even visualize this layer of fear to be like the brown layer of smog that covers most of the world.

Think of fourth density as a low-flying plane that travels through the layers of smog (race mind beliefs), and fifth density as a high-flying jet traveling above the smog. Now you can see clearly. You have what is termed true perception. There are no longer any false beliefs or programs obstructing your view. You have broken out of the trap of the lower levels of perception.

You can think of the lower levels as being in four stages: physical, emotional, mental and astral. In some model systems, including those of this author, you also have two more levels, the etheric and causal. These four or six levels represent the realms of "maya" or illusion. Beyond these levels are additional realms that are free of the traps of the ego. We call the collection of higher levels of being, the Higher Self.

How Do You Access the Higher Self?

The ultimate truth is that there is no need to access the Higher Self because you already are the Higher Self. The only thing you must overcome is the identification with the little self; the belief you are not who you really are.

There are simple exercises designed to trick the subconscious mind into accepting the truth of Oneness. In any situation where life seems challenging or full of problems, start by asking, "What would God do in this situation? How would my God Self respond to this conflict? If I were coming from my Higher Self, what would I do?"

You can even go one step farther with a little Zen mind trick. For example, when you ask yourself, "What should I do to resolve this conflict?" and your little voice says, "I don't know," then state the following: "If I did know what to do, what would it be?"

Of course, such posturing is ridiculous to the well-disciplined mind that categorizes everything and has a nice neat little box of beliefs and programs. But in essence, this is no different than going online to look up information. The basic premise is that if you don't know something, there is a way of accessing a Self that does know the answer.

What are the most effective methods for becoming aware of the Higher Self? This topic is covered in previous books, but we will briefly describe the main premise here. To sum up, you must do two things repeatedly. (1) Ask, through invocation, to be in the presence of, or to assume the presence of, your infinitely wise, all-knowing and all-loving Higher Self. Call your Higher Self forth in meditation. Ask your Higher Self to reveal itself to you, through you, as you. (2) Become aware of and do clearing techniques to remove all negative core beliefs, limiting programs, burdensome conditioning and negative energies, entities and thought forms, that may interfere or distract the soul from higher awareness.

The Case for Predeterminism

Your Higher Self knows in advance what your little self will do. Believe it or not, this has been proven in a laboratory setting. A group of over 1,000 test subjects were given an exercise to do, with electrodes hooked up to various stimulus centers in the body and brain. They were shown on a computer screen one at a time, at random, two separate images — one calm and pleasing, and one full of fear and disturbing scenes. They were not told in advance which image would be displayed first. The program generating the images consisted of a random number generator that was reset before each display.

After repeating the exercise many times under careful conditions, it was determined that the vast majority of the respondents knew in advance which image was going to be shown. In most cases, this was not a conscious understanding, but registered in the nervous system (and in the electrodes). It was determined that the electrical system of the respondents knew, almost six seconds in advance (three to six seconds in most experiments), which image would be shown even though the random program generator within the computer had not even been executed yet.

Here is a list of links to various experiments similar to the one described above:

Hartwell, 1978; Radin et al., 1995, 2011; Bierman and Radin, 1997; Radin, 1997, 2004; Don et al., 1998; Bierman, 2000; Bierman and Scholte, 2002; McDonough et al., 2002; Spottiswoode and May, 2003; McCraty et al., 2004a,b; Sartori et al., 2004; May et al., 2005; Tressoldi et al., 2005, 2009, 2011; Radin and Borges, 2009; Bradley et al., 2011

This exercise gives credence to the idea of predeterminism, or at least it implies that a part of the Self knows in advance what is going to happen.

How is this explained using the premises set forth in this book? What exactly is precognition? Is it possible to foresee the future in minute detail, or is it only possible to see into the possible and probable timelines and make an educated guess as to what will precipitate into the dominant timeline (recorded history of linear events)?

Let us investigate these questions, without jumping to any conclusions and without adopting any of the "well-established" theories, beliefs, conjectures, hypotheses, or even empirical evidence. For now, let us merely observe the conclusions that have been derived from the various disciplines and fields of study — without adopting any specific viewpoint. We will take into account the perceptions of beings from higher dimensions, or at least those who are outside the patterns of interference (the frequency barrier) of Earth.

When looking into the waveform of possibilities of the future, the waveform collapses into the dominant timeline as soon as a decision is made and carried out by the perceiver. In the specific laboratory experiment described, the waveform collapse occurred approximately six seconds before the conscious mind of the observer was able to see it. This implies that the Higher Self (or controller of the waveform) actually makes the decision six seconds before the conscious mind becomes aware of the decision, or the Higher Self is somehow aware of what decision will be made prior to the mechanical process generating the event (in this case a computer producing random outputs).

Well, which is it? Can the Higher Self accurately predict what the computer will do, even before the computer knows what it will do? Is that even possible? Or does that violate the paradoxes of time and space?

More likely is the idea that the Higher Self is capable of directly influencing the random mechanical process involved in our example. In other words, the Higher Self is the "director" of the movie of life and is following a script that is not yet known to the actor (the little self) who is playing out his part on the stage of worldly events.

This brings us to the following conclusion: *The Higher Self creates, in advance, the world in which the human soul perceives itself to be living.*

Is the advance interval of time limited to six seconds, or is it variable? There is no guarantee that the "advance notice" is always six seconds in duration. Different experiments may show different results. In the experiment detailed earlier, perhaps six seconds was the amount of advance time needed by the Higher Self. But what are the limits of this waveform collapse? How far in advance can the Higher Self "orchestrate" the future?

Is there a dimension wherein the Higher Self can "see" all the possible decisions the lower self can and will make during its time on Earth? It is indeed a bit like watching a movie. The producer and director of the movie already know what is going to happen during the drama. After all, it's recorded and rolled up in the film reel. The projector (the mind) merely plays out the prerecorded drama on the screen of life.

Free will says it's possible to change the film in the projector. However, Higher Self appears able to foresee which reel of film the lower self is going to select — at least six seconds in advance in the case of the laboratory experiment.

Let's go back to the idea that in nonlinear, vertical time, everything happens at once — past, present and future — and that all possible and probable realities are contained within this eternal NOW moment.

This idea implies that the field of possibilities is predetermined. If you recall the tree-top view of the forest, you can see all possible paths that a wanderer could take within the given dimensions of the forest. In this case, free will is limited to the "playing field," i.e., the area of

the forest. Free will says that the wanderer can choose an infinite number of possible paths to take in the forest, but that all decisions occur within the confines of the overall dimensions of the forest. By "coming from" the perceptions of the Higher Self, the enlightened soul is able to foresee what will happen, within a certain range of possibilities.

Let's repeat the basic premise of our discussion: The Higher Self decides what direction the human self is going to take within the field of possibilities (realm of free will) of the fourth dimension of time-space on Earth. These decisions are often made before the conscious mind is even aware of the options presented.

The Higher Self essentially says, "I am going to choose this path because it is what I want to experience," before the decision is made consciously by the lower self.

In the case of the "randomly-generated" images, the Higher Self apparently has the ability to foresee the outcome of a random number generator (algorithm) within a computer program before the program is executed. If you could put the dialogue of the Higher Self into words, maybe it would sound something like this: "I am going to urge my lower self to join a scientific study. The lower self will then see disturbing images six times and pleasant images three times and will react accordingly to each image."

Why are we going into such depth and detail regarding this ability of the Higher Self? Perhaps to demonstrate that the lower self is not real and that the Higher Self controls everything we see, feel, do and experience in the world.

The conclusion we can draw from our unbiased look into this precognition phenomenon is that the Higher Self is completely in charge of our life and predetermines what we are going to experience. Whether this predeterminism is only valid for six seconds, or whether it can be extended to whatever time period the Higher Self desires — is something we will continue to explore in the future.

This implies that ultimately, free will is an illusion. It seems real when we are locked into the confines of fourth density perception, but it becomes irrelevant once we enter the fifth density consciousness.

Contemplate for a moment the idea that there is a part of you (the Higher Self) that knows in advance what decisions you are going to make in your life. Part of free will involves your ability to decide whether or not to be aware of this precognitive Self and to live from its perceptions. According to many predeterminists, the only choice you really have is whether or not to accept this relationship between the Higher and lower selves. "Do I let my Higher Self run my life and trust its perceptions and decisions," or "Do I let my ego (lower self) run my life wherein I appear to 'choose' between a nearly infinite array of possibilities?"

False Surrender to Higher Self

There are many philosophies that revolve around the idea of surrendering to your Higher Self. While some of these are beneficial, they can easily be abused by those who are still attached to the illusion of a lower self. For example, if the lower self has resistance to taking responsibility for its actions, it might abdicate this responsibility to an imaginary version of the "higher self" in order to remain passive or undecided regarding a decision.

The lower self might have a perception of the Higher Self as a benevolent but overbearing father or mother figure that will "rescue" the lower self from all trouble. It seems most human beings vacillate between trying to do everything by force and coercion, and giving up all outer motivations in favor of unconditional surrender to the Higher Self.

The happy place in-between these extremes, involves the realization that the lower self, ultimately an illusion, is actually part of the Higher Self. In fact, it is the part of the self that believes it is separate from God. Since the lower self is an illusion and cannot make any decisions, the average human being suffers from the belief that he or she can make decisions apart from God.

The solution is to educate the lower self and remind it continuously that it is a humble servant of spirit and that spirit is the boss. The ego is capable of learning (even though ultimately it does not exist). Yes, that is another paradox. As long as you believe, even just a little, that the ego is real, you will experience a sense of "reality" in its apparent existence. That is the power of belief.

As a human being on Earth, you might not actually change your behavior all that much when transcending the belief in ego. You might still carry water and chop wood. However, you will recognize that this is God's Will for your little human self, rather than a decision that the ego came to on its own.

How can there be freedom if everything is controlled by your Higher Self? We posed this question earlier and now it is time to examine it more carefully.

A related question would be "Why does the God Self choose to have a human experience, knowing that the human being will attach itself to an imaginary construct of reality?" Does God extend a portion of itself into human form because it actually wants to forget who it is and pretend to be a tiny fragment of the whole?

Some philosophies attempt to explain this by saying, "God wants to know itself," or "The Whole wants an intimate experience of its parts."

Souls enter this world knowing that they will become enmeshed in the drama and will likely begin to identify with it, believing they are the little self in the drama. Those that have previously awakened to fif th density consciousness often come back to Earth specifically to help other souls awaken from the dream of duality. They are willing to take the risk that they will once again become identified with the material realm and physical body, thereby forgetting they are One with God and Creation.

One teaching states that the purpose of time is to give the soul a wide variety of opportunities for remembering its Oneness. Recall that time does not exist unless there is movement. Therefore, to explore the Creation in detail implies a movement of consciousness, which gives birth to the idea of time.

Is it possible for human consciousness to vacillate between complete stillness (timelessness) and movement (time)? Is there a mechanism that is able to go back and forth at will? It would seem that a master of time and space would have this ability. Jesus said, "Be in the world, but not of the world." One way to interpret this is to say that we have a choice (possibly the only real choice we have) to focus on nonlinear or linear time. While it appears we live simultaneously in both realms, we can choose which one to focus on. We can become aware of the totality of God, or we can focus on one aspect at a time.

Let us return to the first question. How can there be freedom if the Higher Self is in control of everything? Where is the majesty and magic of life if everything is predetermined?

The answer lies in the realms of timelessness. It is possible to become aware of the worlds of time and space from a place of inner stillness. In this meditative state, it doesn't really matter whether things are predetermined or not. In the timeless state, a soul perceives everything as if it is being experienced for the first time.

It might be helpful to know in advance what is going to happen sometimes, but life in a timeless state is not lived from a place of recognition and repetition. Instead, life is experienced

from a fresh, alive, joyful perspective. If time is ultimately an illusion, then it really doesn't matter whether or not there is a Self that knows in advance what is going to happen. One trusts that that Self is going to do the right thing, the best thing possible. There is complete faith in that Self. There is no longer any anxiety about the state of the world or what will happen in the future. The Higher Self knows that everything is evolving in perfect Divine Order. You are always in the right place, at the right time, doing the right thing perfectly. It might still appear that there is a lower self making daily decisions — where to shop, what to buy, who to contact, etc. This might not change much during enlightenment.

Knowing that all is in perfect alignment frees the self to simply enjoy the magnificence and sparkle of life. If it's all God, then it's all holy and beautiful, even when appearances say otherwise. Seeing the perfection within the suffering actually does more to end the suffering than anything else. The ego then stops trying to tell God how to run the universe. The resistance to *what is* ceases. This is the true meaning of surrender.

Channeling #5 — Messages from the Founders

Greetings, beloved Creators. Once again, we celebrate your magnificence and once again we remind you that you are God expressing through human form.

You asked us to speak on the conundrums and paradoxes of precognition and so we will begin by confirming the conclusion you already arrived at during your unbiased exploration into the nature of predestiny (predeterminism) and free will.

The answer to the question, "Does the Higher Self orchestrate the human experience?" is "Yes!" The Higher Self has access to all levels and dimensions of time-space and is, therefore, able to arrange the outcome of various events within the time-space continuum. The Higher Self already knows what is going to happen because the Higher Self makes it happen.

It is not that everything is set in stone and there is nothing you can do to change what is going to occur. That is a misunderstanding. Free will exists as a bubble within the universe of predestiny. Your so-called free will decisions are part of the predestined nature of God, since God is infinite and is, therefore, all possibilities rolled into one.

One possibility might be that you will decide you want to have a pleasant experience. Higher Self can see that you will make this choice because Higher Self exists both before and after the "moment" of choice.

It is overly simplistic, but you could say regarding every event in your life that "It was meant to happen exactly as it happened." And if it didn't happen the way your ego wanted it to, you could say, "It was meant NOT to happen that way."

Remember that the state beyond "choice" is a liberating one indeed. You are not merely following through with some pre-designed, boring, rote experience. That is another misunderstanding. That would be like watching a rerun of a favorite television show over and over — eventually you get tired of knowing in advance what the plot will be, etc.

The joy of discovering something new occurs every moment when you free yourself from the bondage of linear time. In that state of freedom, there is perfection and predestiny, but it is never boring. You have access to the Infinite, the endless, the eternal. You have gone beyond the realm of choice, beyond cause and effect, beyond duality. If you find yourself awe- struck at the majesty of the universe, that is meant to be. It was preordained because this ecstatic state exists before and after time comes and goes. What is everywhere and in all things can never be denied, though perhaps it might seem that way before you wake up to the perfection of the unfolding universe.

Much of what we are saying here will not make sense until you reach a certain level of

awareness. Let these words percolate within you. Allow your feelings to be exactly what they are — nothing more, nothing less. Refrain from judging yourself if you do not fully understand this topic — very few human beings do. Yet the answers are within you and this message is designed to help you get closer to the truth of your One Being.

Enjoy the illusion of choice that this world seems to offer. Explore the countless realms, planes and dimensions of yourself and the Creation. Allow God to be God. Stop thinking things should be different. They are the way they are. Accept the truth of this eternal NOW moment. If it needs to change, it will change. If you are an agent of change, your life will be rearranged so you can be an agent of change. Change will happen through you. It will not come about from the struggle and strife of the ego. Such seeming change is not significant, but rather child's play. The ego's apparently endless choices are not choices at all, but merely attachment to a dazzling array of trinkets and baubles. It matters not which one you select, for in the end they all dissolve into the pure light from whence they came. Enjoy them but do not invest yourself in them. Your only investment is in your True Self, your God Presence, your Higher Self. Rejoice that you now know the only real endeavor there can ever be — the awakening to your Divine Being.

We are the Founders. Good day.

Chapter 6 — Time Travel

- In this chapter we will take a closer look at the dynamics of time travel as well as: (a) the theory of time travel, (b) how regions of time-space are accessed, (c) mental time travel, and (d) information about psychic abilities utilized in mental time travel.

A. The Theory of Time Travel

We said earlier that you can go anywhere within the whole of time and space and perceive what is taking place there. You are not restricted to what we are calling the "dominant timeline."

From a higher point of view, everything in the time-space tapestry is equally valid and equally real. However, in this linear world in which you have a physical presence, it seems there is only one timeline and that it marches along at a constant rate and there is nothing you can do about it.

Although very few souls have learned how, you can jump in and out of the dominant timeline at will , as often as you like. This is accomplished, from a scientific perspective, by manipulating the electromagnetic field, accessing wormholes (or creating them) and using your will / intention to influence the time-space tapestry.

To the uninitiated, it might look as though a master of time and space is able to materialize and dematerialize the body at will . One minute they are here in this timeline and the next minute they are gone.

You might ask, "Why do we not witness this more often? Why do we only hear stories of yogis high in the mountains who can do these things? Are such accounts even real?"

There are "safeguards" built into the dominant linear timeline on Earth. Some call these safeguards "veils" or "time barriers." There are spirit guides called "karmic guardians" who are tasked with making sure the boundaries between timelines are kept intact. This is so that novices (unenlightened humans) cannot accidentally fall through a portal, stargate or wormhole.

It is also to keep over-eager souls from attempting to violate the Grandfather Paradox. If anyone could jump into any part of the time-space tapestry and make changes, there would be total chaos. This is portrayed in many science-fiction shows and movies.

Even with these safeguards, there is a "bleed-through" effect between some of the timelines and dimensions. Whether it's visitation by ghosts, déjà vu, or some other sense of being in a parallel timeline, many souls on Earth have experiences of other parts of the tapestry of time-space, without realizing what is happening.

To preface the following section on time travel, let us first look at an extension of the Nonlocality Principle — in this case, the idea that we are everywhere at once, experiencing everything at once. In other words, we are omnipotent, omniscient and omnipresent. If, as religion tells us, we are created in the image and likeness of God, or that we are children of God, it is reasonable to assume that we have the same attributes as God.

It must be that this human form we call our physical reality is akin to a tiny sequoia seed that has, perhaps, only germinated or, at best, has become a tiny tree poking through the soil. The blueprint of the giant sequoia is contained within the seed and, if environmental conditions are right and the tree is not interfered with, will grow to be among the largest plants on Earth (notwithstanding certain fungi that spread out across the surface of the Earth and have connected "roots").

This is not an exact analogy to the human soul, but it will work. We have a Higher Self that exists beyond time and space and is, therefore, capable of spreading itself out over the time-space tapestry. This means we have an infinite number of past and future selves, one for every moment in Creation. Theoretically, there are an infinite number of eternal NOW moments, although there appears to be a limit to how many changes in consciousness can occur every second. Dr. Barbour did say that "reality" blinks on and off millions of times per second. He did not say it blinks an infinite number of times every second.

However, you could pose the interesting question, "Is there a Self that exists in-between each blink? Can time be divided into infinitely small increments and is there a Presence that exists eternally within these infinite divisions?"

If this is true, as Nonlocality would seem to show, then it follows that we exist everywhere in the past, present and future. Therefore, time travel is merely the shifting of consciousness from a present self to a past one, or a past self to a future one, etc.

If linear time is a subset of vertical, or nonlinear time, then it follows that a soul can jump in and out of linear time by traveling through the infinite domain of nonlinear time existing above, below and beyond so- called "normal" time-space.

How to Time Travel

During the Einsteinian era (mid to late 20th century), it was theorized that nothing could travel faster than light, and that faster-than-light travel was the only way one could travel backward in time.

Future travel was thought to be more likely than travel into the past, although there was a lot of disagreement among scientists about how it could be achieved.

Then, within the last 30 years, laboratory experiments confirmed that subatomic particles could travel forward and backward in time, to some extent. In the Appendix of this book, we have included some excerpts from scientific articles that essentially prove the existence of Nonlocality applied to time.

From a technical perspective, the way to time travel involves manipulating the gravitational and electromagnetic fields to "dial in" various sections of the time-space tapestry and then to use advanced propulsion techniques to open up a wormhole, stargate, or portal capable of transporting souls to the desired region of time-space.

Every location in time-space has a "signature" or specific frequency that defines that point in time-space. This is easy to understand regarding the spatial dimensions. Imagine a computer screen made up of pixels. Let's say, for instance, that there are 764 x 1264 pixels on a screen. This means the x-axis has 1264 increments and the y-axis has 764 increments. A programmer using pixels as a unit of measurement can write a program directing the cursor or pointer to move to a specified coordinate on the computer screen where the program then performs some kind of action.

If you know how to "dial in" to a specific coordinate in the time-space tapestry, then you "attune" to that specific signature and, through the use of wormholes, stargates and portals, "open up" a doorway that leads to that specific coordinate. Since a part of you already exists at that coordinate (since you exist everywhere), then essentially, you are simply shifting your consciousness to align with the part of yourself that already exists in that region of time-space.

If you wish to teleport the physical body, you must be able to create a large enough stargate or portal to accomplish this, with or without external technology (depending on the level of advancement of the soul doing the teleporting).

When you reach a certain state of consciousness, you no longer need any kind of wormhole, stargate or portal in order to teleport — you simply "become" the location where you wish to relocate the body, disassemble the energy matrix of the body at the previous location and re-assemble it at the new location.

Let's now back up a bit and discuss the technology of time and space travel.

Space Travel over Long Distances

How do extraterrestrials travel great distances to come to Earth? Those who are aware of the ET presence have been investigating that question for some time and one group of humans have even managed to reverse engineer a craft they recovered. According to this author's spirit guides, human beings on Earth have recovered six extraterrestrial craft since the 1940s — five from the Zeta Reticulins and one from the Pleiadeans. Only one of the craft has been successfully reverse engineered.

This channel's spirit guides, the Founders, gave a brief explanation of how electromagnetic propulsion systems work in a prior publication. We will elaborate a bit here.

Large distances are usually traveled by utilizing stable wormholes that already exist and have relatively fixed entry and exit points. For smaller distances, an electromagnetic field around the space ship is employed. The device generating the EM pulses is set up to partially "collapse" the polarity of the field in the space near the ship, essentially creating a zero- point "vacuum" in the time-space continuum. This vacuum then "sucks" the ship into the distorted section of the continuum caused by the changed polarity of the field.

It is a little like a slingshot effect using electromagnetic fields as the medium (instead of air).

The mechanics of this partial collapse are fairly simple (although the mathematical equations are a bit rigorous). Every part of the electromagnetic spectrum has specific vibratory states ("signatures"). These signatures can be overlaid upon the time-space continuum like two grids stacked upon one another. (We realize this lay person's analogy is a bit crude and not entirely accurate, but it is difficult enough for trained scientists to grasp these ideas, so we want to be as basic as possible.)

An even simpler analogy is that of taking a blanket, deciding which part you want to touch, and then starting where you are on the blanket, reaching over to a far corner where you want to be, and folding the blanket so that the two parts touch. Imagine the blanket is patterned into small grids, each with a number, say 764 by 1264, as in the example above. We'll keep the numbered grids simple and evenly spaced, arrayed like a calendar marking the days of the month.

To go from section 14 of the grid to section 87, you would "dial in" 87 from the console of your space ship (currently residing at grid 14). To do this, you have an instrument on board your ship that matches the frequency of the grid at point 87. You then "collapse" the grid using zero-point technology until points 14 and 87 are "touching" each other.

The mechanics may sound complicated, but remember that consciousness is the missing ingredient in the unified field equations. If you have a strong enough intention to "activate" a section of the time- space tapestry, this intention changes the grid system sufficiently to allow these devices to work.

In a future publication, we will go into detail on how consciousness directs the formation and utilization of zero-point fields for the purposes of teleportation and "sudden" movements through large areas of time- space. For now, the idea that you are everywhere at once and that a portion of your consciousness already resides at the desired location, will be sufficient. In essence, you

direct the energetic components of the space ship (or other transport device) to match the frequency of the aspect of yourself that already exists at your point of destination.

This amounts to a synthesis of consciousness and mechanics. The ideal transport device will consist of elements that greatly magnify the psychokinetic and telekinetic components of consciousness, allowing a threshold amount of your soul energy to match the frequency of the desired destination.

While this sounds metaphysical (and it is), a more scientific approach than simply asking your Higher Self to provide the coordinates of the destination point would be to map out a coordinate system of the time- space grid and then measure the electromagnetic field characteristics of each grid point. This is a lot like mapping the human genome — very time consuming, requiring supercomputers, etc.

As mentioned earlier, the way the universe is set up, there are safeguards or fail-safes that prevent those at lower levels of consciousness from accessing the electromagnetic portals and stargates. The consciousness required to tap into the coordinates effectively and program the propulsion systems properly is fairly high, relative to the average consciousness on Earth.

Nevertheless, the safeguards are not perfect and there are negatively polarized extraterrestrials that have managed to navigate their space ships in the way described above.

We will not take time to discuss negative applications of the principles described in this section. However, we will go into a bit more depth on the various ways the time-space fabric can be altered, distorted, bent and shaped to allow for time travel and so-called “warp” travel.

B. The Methods Used in Time Travel

- In this section we will discuss orbs, vortexes (vortices), ley lines (grid lines), portals, stargates, wormholes, black holes and white holes

The gravitational and electromagnetic universe has a lattice-work or grid system that bends time and space, sometimes folds it back on itself, and links different parts of itself to one another. Think of the time-space tapestry being crumpled up, folded, squeezed, washed, dried, tied in knots, or otherwise altered from its basic flat or gently curved shape. The actual structure of the time-space continuum is hard to define using conventional geometric definitions. The x-y coordinate system is only a model that helps the rational mind attempt to make sense of this. The idea of an irregular tapestry that resembles a quilt or blanket is another such attempt.

Some scientists (and sci-fi writers) call these irregularities in the time- space fabric, “anomalies” or “temporal distortions.” They exist throughout the Creation in varying degrees of size and intensity. They can also be created and destroyed (the distortion attribute, not the energy itself).

(Note: The eccentric physicist Nassim Haramein postulates that wormholes exist throughout the fabric of time-space and are contained within subatomic structures. He also postulates that the entire universe is contained within every proton of every atom. This is consistent with the holographic model of the universe we mentioned earlier. Therefore, this tends to contradict the idea that anomalies and temporal distortions are “exceptions to the rule” of an ordered universe, but rather, are part and parcel of the geometric dispersion and lattice structure of third and fourth-dimensional time-space.)

The Law of Conservation of Energy is the most dominant law in the universe. Violating this law is like dividing by zero. It cannot be done within the framework of the Creation. What this

means is that there is One Energy, constant and unchanging, within the entirety of the changing and evolving time-space continuum. In physics, this “strata” or static state is called the “Bose-Einstein Condensate.”

The total energy of a system or sub-system must equal the strata (potential energy) plus the movement of consciousness and its outward projection including transitional matter and observable energy (kinetic energy) plus the total dark energy and dark matter of the system or sub- system. If a system or sub-system appears to have unequal components, such as that observed within a black hole, it means that the scientists (observers) are simply not aware of the presence of the other factors in the equation — in this case they are not aware of the “sister” universe that reflects this universe on the other side of the black hole. We will have more to say on that shortly.

For now, let us stay with the two basic states of energy, static and moving (potential and kinetic). We have used the analogy of the fractal as the changing state and the function that generates the fractal as the unchanging state. You might keep this analogy in mind as we explore the fabric of time-space.

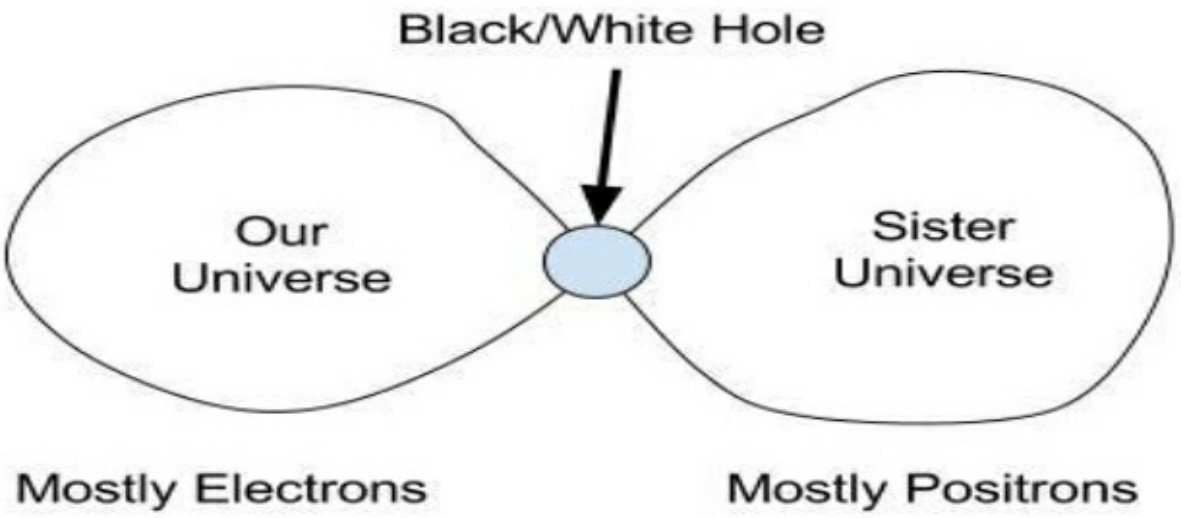
From a lay person’s point of view, the Law of Conservation of Energy says, “Energy cannot be created or destroyed.” From a technical point of view, the law of conservation of energy states that within a given system or continuum, the energy in must equal the energy out, or rather, energy can only change forms, it cannot change the basic quantity of itself.

Therefore, every phenomenon witnessed by scientists involves an equal exchange of energy. If it appears energy is being reduced (as observed in the event horizon of a black hole), then that energy is being regenerated and is reappearing somewhere else in the universe. Using the black hole as an example, if you measure the amount of energy being contracted and concentrated into the singularity at the center of the black hole, and subtract the x-rays and gamma rays being emitted from the black hole, you do not have a balanced equation. It appears more energy is going into the black hole than is coming out. This would be a violation of the Law of Conservation of Energy. How can this be?

Scientists have struggled with anomalies such as this. If the energy is disappearing in one part of the universe, surely it must be reappearing somewhere else. And indeed it does, in the form of a white hole. In many cases this white hole exists in a parallel or “sister” universe, or mirror reflection universe. In fact, most universes exist in pairs. Our universe, which is mostly electrons with a few positrons, is the complement of our sister universe, which is mostly positrons with a few electrons.

This universe pair resembles the infinity symbol. See Figure 1.11. You could also use the matter, anti-matter analogy. If you take all the anti- matter in our sister universe and all the matter in our own (without taking into account dark matter and dark energy, which is a topic for another day), they should balance out to zero. In other words, the total polarized energy in our universe minus the total polarized energy in our sister universe equals zero. For those that are math-challenged, let us put it another way. If universe A had 100 electrons, universe B would have 100 positrons. The net charge if you put the two universes together would be zero. The total amount of energy remains constant. Nevertheless, there are irregularities that often make it appear as though the energetic polarity is not balanced.

Figure 1.11



We now return to our discussion regarding the anomalies present within the fabric of time-space.

Black Holes

Time and space both behave in a peculiar fashion near black holes. Think of a wadded-up section of the time-space tapestry, where the fabric is welded together, compressing the time-space coordinates into a tightly packed ball. The obvious analogy would be to take a blanket, put glue on one section, and then fold over various corners of the blanket until you have a large gummy ball in the center or in one corner of the blanket.

Both the time threads and the space threads are heavily compressed and distorted around black holes. In Einsteinian physics (both the General and Special Theories of Relativity) time and space are changed significantly as you approach the event horizon of the black hole. Gravity increases and bends the fabric of time and space. Both seem to disappear once you reach the event horizon. The extreme gravity prevents light from escaping; hence the name black hole. It is a bit inaccurate, but nevertheless illuminating, to think of light, time and space all becoming trapped within the event horizon.

At the center of the black hole is a singularity — a point of infinite mass, but no space or time. Refer to the Lorentz transformation formulas and Heisenberg equations if you are mathematically inclined. To preserve the Law of Conservation of Energy, there must be a white hole opposite the black hole in a reflective parallel dimension or universe.

White Holes

White holes are the opposite of black holes. While you have infinitely dense time and space collapsing into the center of a black hole, you have infinitely radiant time and space emanating outward from a white hole.

White holes can be detected in our own universe. It can be postulated that on the other side of a large white hole, there is a black hole sucking energy into it from a parallel universe or dimension.

Based on the Law of Conservation of Energy, the energy radiating out from a white hole must equal the energy being draw into its corresponding black hole (minus or plus the energy of x-rays, gamma rays and any other emanations from the black holes or any contractions of energy occurring within the white holes).

As scientists create ever more powerful telescopes, they will discover more about white holes. As it stands now, the immense emanations observed in white holes tend to overwhelm sensitive measuring equipment.

(Note: Quasars are curious examples of black-hole, white-hole combination wormholes and/or stargates. The pulsing behavior of the quasar indicates rapid flipping of polarity between black-hole and white- hole characteristics. The dynamics of quasars are beyond the scope of this book, but we will describe the mechanics of wormholes and stargates below.)

Wormholes

The black-hole, white-hole combination forms a wormhole — an area of time-space that connects various regions of the time-space continuum. This is the simple idea illustrated before of folding over time-space onto itself. Wormholes can connect various universes, galaxies, stellar matter, or can exist on a subatomic level. Interdimensional travel occurs through a mechanism that is similar to a wormhole, but is more properly known as a portal or stargate.

In this author's prior publications, there is a section on inter-dimensional travel, involving pyramids, coils and energy applied to the coil and concentrated in the apex (capstone) of the pyramid. We do not intend to go into the mechanics of interdimensional travel in this book, but encourage you to do research into what happens when energy is moved through pyramids that are stacked base to base and end to end.

The layperson's explanation of a wormhole involves the idea of a doorway or tunnel that connects two different parts of the time-space continuum. Such doorways can also facilitate travel between parallel dimensions and universes. The technical details of how to accomplish this are beyond the scope of this book.

Wormholes can be stable or unstable, depending on many factors, including the constitution of the collapsed or partially collapsed stars generating the black and white holes, the amount of x-rays and gamma rays emanating from the region, and the action of other stars or electromagnetic anomalies on the black-hole and white-hole combination.

Small black and white holes result in smaller wormholes. In this case, there might not be a "doorway" to a parallel universe, but merely a "shortcut" through regions of this universe.

Tiny black and white holes connecting relatively small areas of time-space are called "mini-wormholes" or "orbs." These small areas of time- space distortion are sometimes detected with medium-speed cameras.

It is possible to travel through wormholes of various sizes and in fact, many extraterrestrials do just this. If a wormhole or mini-wormhole is relatively stable and calm near its ends, it is possible for a spacecraft to pass through. There are numerous sci-fi shows on television that illustrate this idea (of course with Hollywood embellishment). Two shows that come to mind are *Star Trek: Deep Space Nine* and *Stargate Atlantis.*

Vortexes, Stargates, Portals and Ley Lines

Closely related to black holes, white holes and wormholes are the concepts of vortexes, stargates and portals. The main difference between each of these anomalies is that black holes,

white holes and wormholes generally involve distortions of the gravitational field, while vortexes, stargates and portals do not depend so much on gravity, but more on electromagnetism.

Ley lines are “corridors” of electromagnetic energy moving through space that also form around heavenly objects. Where these lines intersect or bunch together, you have vortexes. A highly localized vortex can become a stargate or portal. Such doorways connect one part of the electromagnetic spectrum to another part, perhaps far away in conventional time-space.

The strong and weak forces (gravity, electromagnetism, chemical bonding and repulsion) are all part of one infinite force, or infinite energy, simply configured in different ways. Scientists have been trying for a long time to find a way to unify these forces into a master equation. The missing ingredient is consciousness.

Consciousness is capable of increasing or decreasing the magnitude and polarity of the various forces. It can align the forces or divide them, as the case may be. We will have more to say on this subject in the chapter on activating timelines.

Returning to the idea of stargates and portals, these intersection points of electromagnetic grid lines can serve to act as a tunnel for travel through time-space, in much the same way as do wormholes. Because the electromagnetic force is millions of times stronger than the force of gravity, stargates and portals are easier to create and manipulate than wormholes. While most wormholes require large galactic objects, such as the center of a galaxy, stargates and portals only require a little bit of electromagnetic energy applied in just the right way.

What is the difference between a stargate and portal? Basically, a stargate is simply a large portal, capable of allowing interstellar travel. A portal can be any size, including subatomic, while a stargate typically ranges from a few kilometers in size to almost as large as a wormhole between universes (bill ions of kilometers in size).

Orbs are partial or whole “doorways” into various regions or dimensions of time-space. There are billions of orbs within each region, plane, sub-plane or dimension. Some of them behave like tiny wormholes, allowing passage of beings or energies. Think of tiny pinpricks of energy “bleeding through” the continuum from one part to another. The best analogy would be to think of the fabric of time-space as a woven textile with holes between each thread.

Dr. Nassim Haramein has postulated that within every proton of every atom is a holographic miniature of the entire universe. Orbs could be as plentiful as protons, although most of them go undetected by modern instruments. Essentially, they are ways of connecting the myriads of dimensions and planes of existence that are found throughout the Creation. As mentioned earlier, some medium-range cameras are capable of detecting orbs, although not all apparitions appearing on photographic mediums are orbs. If you wish to photograph orbs, first make sure you have a medium-speed camera, then ensure the lens is completely free of dust, water droplets, etc., which can mimic orbs.

How do you travel through stargates and portals? By “dialing” the electromagnetic frequency you wish to connect with. As stated earlier, every location in time-space has an electromagnetic “signature” or specific vibration. Since everything is connected through Nonlocality, you can dial up any spot in the time-space continuum by “matching” the electromagnetic frequency of that location. There are no good analogies regarding this concept, but some partially correct ideas involve the process of opening the shackle on a combination padlock. When each chamber is aligned in just the right way, the lock will open (all the chambers have been cleared). In electrical terms, the subatomic particles will “tunnel” through to the other side of the stargate or portal when the polarity is exactly right.

This is similar to the principle behind what is termed “zero-point energy.” When a series of

polarized magnets are aligned in just the right way (either fixed or rotating), zones of “null” energy are created, meaning areas where the polarities exactly cancel each other out, resulting in no polarity at all. These zones of nonpolarity are called “zero points.” Within a zero point, a portal is opened, allowing tunneling from other places in the electromagnetic spectrum.

This is also the principle used when traveling between dimensions, although there are some geometric configurations required as well.

We realize not all our readers are mathematicians and scientists and we apologize if this is getting a bit too technical. A simple idea of “holes in the fabric of time and space” might be enough for many readers.

In the coming millennia, souls will learn how to travel through black holes, white holes, wormholes, vortexes, stargates, portals, and even orbs. However, before such technologies are developed to allow physical transport, you already have a powerful force capable of going anywhere within the whole of Creation — your own consciousness.

C. Mental Time Travel

If you are discouraged because you think it will take hundreds or thousands of years for humanity to perfect the technology to travel through anomalies in the time-space continuum, then perhaps you should start with mental time travel.

Learning to visit the past or future in your mental body is not as difficult as you might think, and you don’t have to worry about luggage, security, cost of transport, etc.

All human beings have used their ability to visualize. However, visualization is not very well understood by scientists. Of course, they are aware of the image-making capability of the mind and the ability to have a photographic memory, but they do not understand the relationship between visualization and clairvoyance, the ability to see beyond the physical senses.

There are many techniques for developing clairvoyance and remote viewing, also known as mental projection. You can find some of these techniques in this author’s earlier works. Probably the most well-known and effective method for developing the ability to see clairvoyantly is meditation.

Many souls travel mentally during meditation, and virtually everyone travels mentally during the dream state. Mental projection (also known as remote viewing) is a psychic ability that is relatively easy to learn. Such mental activity is not to be confused with astral travel. This author differentiates between astral and mental travel in his earlier works, so please consult those books for a detailed discussion.

In addition to using the mind to travel anywhere in the Creation, to any time period, there are a few anomalies and special situations we wish to draw your attention to now.

Earlier, we briefly mentioned the phenomenon of déjà vu and how timelines can intersect each other. It is possible to influence the ability of timelines to intersect and “communicate” with one another. Let us elaborate.

More on Déjà Vu and Intersecting Timelines

Every time you use your memory, you are sending a mental thread through the fabric of time-space and this thread is intersecting a point in the continuum that you remember from somewhere in the past. These threads remain as part of the tapestry and are accessible whenever you choose to follow those threads back to the point of intersection.

The obvious way of saying this is that you have a favorite person, place or thing that you remember often and a part of your energy field is present in that person, place and time. When you remember that time, place or person, you create a link between your present and past selves.

A simple example would be the first time you heard a certain piece of music. When you hear the music again, most likely when you are in a different place, you remember the first place. Your "memory by association" makes you think of San Francisco every time you hear Tony Bennett singing, "I Left My Heart in San Francisco."

Even if you have not been to that city, you might think of that place in the case of this song, since it is about San Francisco. But sometimes a song has nothing to do with the place where you first heard it. Nevertheless, every time the song is played, you are back in that place.

When you think about a favorite place many times, you create a series of mental threads going to that place. The more time you spend there mentally, the stronger the fabric becomes at that point of intersection.

When you physically visit a favorite place many times, your dominant path intersects not only that physical place, but you are linked to the previous times you were physically there. You can also access the time frames mentally when you were there previously in your physical body.

In the case of you, individually, this discussion is pointing out the obvious, but there is a reason we are going here. The Nonlocality Principle, when taken to its logical conclusion, suggests that you also have access to all the memories of other souls that have thought about this place, as well as their energy fields when they were physically at your favorite location.

This partially explains why some places are considered "holy." The author has visited certain shrines, churches, temples, etc., and in some cases, has felt very intense energy there. What he is feeling is not only his own subconscious mind's programs and beliefs about the holy place, but also the energy and consciousness of the people who have visited that sacred site.

Although it is possible to tune into the consciousness of any being in any time period, visiting a physical location where an enlightened being has been not only makes it easier to tune in to that being, but often amplifies the energy matrix of such being. If this were not true, there would be little or no reason for people to go on pilgrimages to holy places where great teachers lived or taught.

Let's take an ashram, for instance. Maybe this place has been the site of two hundred years of spiritual teachers, including the one the site is most famous for, Swami Whatshisname. Every day during his life, Swami met with his students and led them in meditation and discourses. Swami and his followers attained several states of "satori" and "samadhi" while meditating there. These relatively enlightened states, over many years, created an energy matrix that is accessible by any soul who is able to tune into the field.

If you travel to the sacred site regularly yourself, even if you have never met the Swami (perhaps he left his body years before you even heard of him), you will build up a memory field within your own consciousness that consists of all your memories of that place and all the experiences you have had there. This will be combined with the collective energy of the meditators and students of the teacher that have built up over time in that location.

It is possible to create a portal at such a spot if there is enough energy concentrated on specific events or happenings in the life of the teacher when he was teaching or meditating there. Energy from the teacher or students can move through the portal and actually be experienced by those visiting the site.

When souls visit Mother Mary's shrine in Turkey (where according to authorities on the matter Mary actually spent time), her followers add their energy to hers in this location and, over

time, it becomes a true holy place.

Skeptics would argue that all the energy felt in these places are just experiences of memory by association, but it is much more than that. As stated earlier, when you think about a place and time, a part of your energy actually goes there. This energy builds up in that location and is added to all the other souls who have spent time there.

The author calls this a “human-made vortex.” When the sacred site is combined with a naturally occurring vortex, you have even more energy available. In the case of the Holy Land (Israel, Jordan, Palestine, etc.), you have a major ley line running through the region. Jerusalem sits on at least two ley lines and has a naturally occurring vortex where the ley lines intersect. In addition, you have a center of three of the world’s religions all converging at that point.

When a soul comes there to pray, that person is connecting with thousands of other souls who were there previously praying. If all the prayers were in harmony with each other, it would indeed create a powerful force field of conscious energy that would magnify the prayers significantly. We know this is not the case because not only is each prayer different, but the energy field of each praying soul is different.

A question often asked is, “Why is there so much conflict in many of the holy regions? Shouldn’t all those prayers make things peaceful?”

If every soul that came to Jerusalem to pray were clear, enlightened and peaceful, then yes, those energies of peace would be greatly magnified. However, a great many souls who go to sacred places to pray are deeply troubled. That is usually the reason they go there in the first place — to get healing. The place is reputed to be great for absolving ones “sins” or experiencing a miracle cure of disease.

So the energy that collects in these locations is a combination of Divine Love being poured out upon souls praying there, and the energies of anguish, heartache and all manner of suffering.

While some of the negativity collected in these places is transmuted by spirit guides and the residue of the various teachers who have been there, holy places, because of their relatively high vibrations, are going to stir up the negativity in the subconscious minds of the persons praying there.

In other words, if you are a negative person in a place with a high vibration, the negativity is going to rise to the surface to be transmuted. This is a necessary step before the troubled soul can be fully healed. If the negativity is simple and shallow, the troubled soul might simply burst into tears and immediately feel better. But as we all know, negativity can be buried in many layers of conditioning and programming.

The Jews, Muslims and Christians who live in the Holy Land have had a lot of conflict throughout history, and this conflict is also built up and amplified due to the naturally occurring vortexes. Things that amplify energy do not discriminate between positive and negative. This is why you can program a crystal to be positive or negative. Subsequently, Jerusalem and other holy cities have essentially everything amplified — positive and negative.

If you visit such a place, it is a good idea to do as much clearing as possible before you arrive so that the energy you add to the site lifts it as much as possible. Also, use psychic and spiritual protection when you are there to minimize the effect of the negativity. If the high energy of the place triggers deeply held issues in your subconscious, then celebrate that experience. Do some clearing processes and give thanks that your negativity was triggered.

Soul Fragmentation

In an earlier publication, the idea of soul integration and fragmentation was discussed at

length. Soul fragmentation occurs when there is a lot of energy associated with a particular person, place or experience. The short definition is that a portion of the soul's energy gets "trapped" in the person, place or thing where the intense experience took place.

In a powerful location where a lot of trauma or intense energy has been exchanged between souls, you might find packets of energy that belong to those individual souls. In other words, such a place contains fragments of soul energy belonging to the various beings who have been there.

Those who are on a healing path often go to these vortexes to reclaim their fragmented energy. In actuality, the energy is still connected to the "parent" part of each soul because everything is One and there is no actual separation, but if there are unresolved feelings and emotions associated with such a place, it can seem as though the soul has become broken and scattered.

There are various techniques for calling back your fragmented pieces from people, places and experiences that were traumatic. Refer to the book, "*Soul Integration,*" for more information.

Soul Integration

Souls who have become fragmented over many lifetimes can "reclaim" their missing pieces through various processes. This is called "soul integration" and is a critical part of healing for most human beings. As you collect the "missing" pieces of soul essence, your presence becomes more and more powerful. You are able to direct and radiate soul energy much more efficiently and effectively. So-called "powerful" people are often those who have collected most or all of their soul fragments and are experiencing a high degree of wholeness.

As an aside, when we use the term "powerful" we are referring to those souls who are grounded, centered, and able to move energy using strong intention and focus. We are not referring to those souls who seem to be in positions of power and authority in the world. While some of the world's "leaders" are truly powerful in a soul sense, a lot of them are actually filled with feelings of inadequacy and powerlessness, and that is why they insist on dominating and controlling others. The tyrants, dictators and warmongers of society are desperate to maintain their illusion of control over others, and that is why they seek to enslave others and force them to obey their doctrines. Truly powerful souls have no need to try and convince anyone else of their greatness, nor do they find a need to control or oppress other people.

Let us return now to the subject of mental time travel.

What about Inaccurate Memories?

If you affect the time-space tapestry every time you have a memory, what happens if your memory is inaccurate?

When you have intense trauma or emotion surrounding an event in your past, the intensity of the experience can distort the fabric of time- space and in some cases, generate parallel realities. These possible timelines can seem to "feed back" into the time loop created by the memory.

In this case, one part of the loop involves the passage of linear time from the event to the present, and the other part of the loop involves multiple threads created by the memory. If the memory is distorted (usually due to trauma and extreme emotion), it is possible to "follow" one or more of the distorted parallel realities.

Going back to an earlier discussion, you can remember events that did not actually happen in the dominant linear timeline, but happened in a possible (alternate) past timeline. We realize this

creates a lot of problems for forensic analysts, as well as psychologists. However, psychosomatic effects can occur with these alternate pasts. If, for example, a soul was not abused in the dominant timeline, but was abused in an alternate past, the physiology of the soul can reflect the abuse that happened in the alternate timeline even if there is accurate evidence that the events never occurred in so-called “real” life.

You can convince yourself that something is real and your physiology will reflect your intense belief. Since belief creates reality at the fourth density level of consciousness, it follows that you will have an experience that mirrors your belief. With deeply entrenched beliefs, you might have repeated dominant timeline events that reflect these mental patterns.

For example, if you adopt the belief that the world is extremely dangerous and that bad luck follows you around, you will tend to create numerous experiences where you are hurt or injured by others, etc.

Another soul, who might even live in a “dangerous” part of the city, may experience total safety on all levels because this soul does not carry the strong belief in bad luck.

Remember that the law of attraction does not depend on the dominant belief systems of humanity. If the belief of an individual is strong/intense enough, that soul can break out of the race mind and have an experience that runs contrary to popular belief.

Selective Remembering

In psychology, it is commonly known that human beings can repress traumatic experiences by pushing them deep into the subconscious mind, thereby “forgetting.” There is another kind of selective remembering that involves withdrawing all energy from past experiences. In other words, you no longer identify with the events occurring in the dominant timeline. It is as though the events never happened.

Sometimes it is beneficial to remember and sometimes it is not. Most souls have their minds cluttered up with a lot of relatively useless past experiences. All events in the dominant timeline are stored in the Akashic Records, so it is not necessary to hold on to memories. If you need something, there is a way to access it. See the chapters on timeline healing for more information on how to do this.

Reframing

In the chapters on timeline healing, the psychological technique of reframing will become more relevant, but let us introduce the idea here.

Reframing is the act of convincing the subconscious mind that things happened differently from the way they actually occurred in the dominant timeline. This technique essentially causes the mind to jump into alternate timelines where the imagined events actually happened differently. For example, if you had a hard childhood with multiple issues of abuse, you might “decide” that you had a happy childhood instead. If you can convince the subconscious that your childhood was happy, it will seek to arrange your life in a way typical of someone who had a happy childhood. Whatever the subconscious believes it can achieve.

The problem with reframing is that it is a form of denial. If you have unresolved emotional issues, they have become repressed and will eventually come to the surface, perhaps at the worst possible time. For a while, your life might get better because your subconscious mind now believes that there are no lingering problems from childhood that can get in the way of your success. Since the mind believes you can succeed (due to your now happy childhood), it will

arrange your life in ways that greatly increase the likelihood of success.

In a sense, reframing is similar to the stage hypnotist that convinces you there is a rope in front of you (when there is none). Consequently, you trip over the imaginary rope. The hypnotist could have just as easily provided an actual rope and then convinced you it was not there; hence, tripping over a real rope.

When you are faced with major life decisions, reframing can temporarily help you through them, but it is not a cure for deep-seated psychological problems.

Why are we bringing up this topic? Because we are demonstrating that it is possible to change the past even if you do not actually get in a time machine, travel back and make physical changes. Essentially, you can choose a new past (from an infinite array of possible and probable pasts) and then create your future based on the new past you have chosen. This topic will be explored in more depth in the following chapter.

There are a few more aspects of time travel that we now wish to illuminate.

Psychometry

Psychometry is the art of reading an object's history. Take a coin, for instance, an ancient one that has passed through many hands. The psychometrist holds the object in his or her hand and meditates. Then, depending on the level of clairvoyance developed in the meditator, images from the object's past come flooding into consciousness.

The psychometrist is reading the intersecting energy fields in the time- space tapestry as they relate to the object. There are many ways to interpret this, but the scientific one again relies on the Nonlocality Principle. The ancient coin (in this example) acts as a trigger to tune the meditator to the lives of all who held or traded the coin at some time. In other words, if you apply Nonlocality to time, it is like witnessing everyone who has ever held the coin assembled in the room in that moment. A Roman is trading with the coin in the marketplace in the 5th century; a collector in 10th century England is storing the coin in a safe; an antiques dealer is selling the coin in his shop in the 15th century, etc.

These characters in the cosmic drama all exist simultaneously in this eternal NOW moment even though they seem to be separated by centuries.

In addition to reading the dominant timeline as it applies to an object, it is possible to tune into alternate timelines that may be associated with such object. You might read the trace energy field of a particular person who held the object and use that energy signature to tune into other aspects in the life of that person.

Perhaps the Roman was thinking about his lover as he made his way to the marketplace. The collector might have been feeling a deep fear about something in his life as he placed the coin in the safe, etc.

Objects can be imbued with consciousness. When a particular energy is infused into an object through conscious intent, such object becomes a talisman. Crystals, amulets, charms, pendants, etc., can all be made to act as talismans. A soul who picks up the object is influenced by the field of energy that has been put into or around it by the person casting the "spell" or "programming" the object.

If something is programmed to bring good luck to the possessor, a person who obtains it is automatically tuned to the energies of good luck (as defined by the person creating the talisman). Obviously, this can work for the negative as well. A dark shaman might take a doll or figure of a mythical god and put anger, fear and evil intentions into it, with the intent to bring harm to the one who possesses the talisman.

Beliefs are powerful. If you believe you can be possessed by a person, entity, object or place, then you will likely have that experience (unless opposing thoughts are more intense, in which case the thoughts of possession will be cancelled out).

If you believe you can travel back in time and perceive the history of an object, person or place, then your subconscious mind will attune itself to that specific frequency and you will likely have that experience.

Some objects are amplifiers (such as crystals). This means that any thoughts, emotions or energies that you put into the object will become magnified. If you put a healing intention into a crystal, it becomes a healing device. If you seek to do harm with the crystal, your negative thoughts likewise are magnified.

There are many more applications of Nonlocality. A specific application will be detailed in the next chapter because a new therapeutic technique has been born out of this idea.

Channeling #6 — Messages from the Founders

Greetings, dear Creators. We are the Founders. In the years to come on your planet, time travel will move from the realm of science fiction into science fact. Already, your scientists have successfully sent particles forward and backward in time. Very soon these experiments will take place on small biological life forms, and eventually on human beings.

You can be grateful that you are not allowed to change the fabric of the linear timeline, for if you could, all chaos would result. Just as you cannot literally move mountains with your mind, you cannot alter the dominant timeline directly. Imagine the surprise if souls were living on the mountain you just moved.

If time could be moved in a similar manner, people would be popping in and out of reality, existing and then ceasing to exist, depending on the changes being made.

Very few soul lessons would be learned if such chaos were allowed to rule. Therefore, the Godhead, in conjunction with the karmic guardians and lords of light, are tasked with keeping integrity within the dominant timelines. Therefore, veils and boundaries are erected between various levels and sub-levels of the fabric of time-space. Yes, you are allowed to jump into new timelines, but only if there is no violation of free will.

You are Gods in training. Once you clear your karma and demonstrate unconditional love in your personal and professional lives, you will be ready to learn the true meaning of creating. For now, you have a fourth- dimensional realm to practice with — a realm that is carefully constructed to keep a sense of integrity and consistency. You are allowed to have any experience you want if it does not interfere with the desires of other souls.

We, the Founders, will assist you in understanding the paradoxes and conundrums of the time/space fabric. Do not worry if your head is spinning or you are a bit confused. This is normal for now. Let go of the need to control everything and just be open to higher understanding.

We are the Founders. Good day.

Part 2: Applications of Timeline Theory

Chapter 7 — Timeline Healing

- In Part 2 of this book, we will develop practical applications of the ideas presented in Part 1, including ways to access difference time frames and dimensions, as well as the performance of various healing techniques that employ the principles of Nonlocality.
- In this chapter, you will learn about timeline healing theory and practice.

A. Common Questions Regarding Timeline Healing

1. What is timeline healing? Can you describe the timeline healing process in a few words?

Timeline healing is a powerful therapy featuring a guided meditation that involves going back in time and giving healing to a past self, either from this lifetime or a previous lifetime. It combines elements of past life regression with soul retrieval and reframing.

Each of us has an infinite number of past, present and future selves, one for every moment in Creation. As discussed earlier, you can discover a nearly infinite number of potential moments. Physicist Julian Barbour postulates that reality blinks on and off millions of time every second. We discussed the idea that the Higher Self exists in-between every one of these nanoseconds of existence.

In timeline healing we know that despite the large number of past selves, only a few of these selves experienced significant trauma, abuse, injury, physical or emotional pain, suffering, etc. At the moment of trauma, negative belief systems often formed that affect the soul for the rest of his life unless some form of healing is performed to correct the problem.

2. How does timeline healing work?

Timeline healing works on six different levels: physical, emotional, mental, astral, etheric and causal. The actual healing occurs when the client is able to actively love the past self that was traumatized or given negative programming. There are several healing techniques that are given to the past self during various phases of the guided meditation. Although it is helpful for the practitioner of timeline healing to be clairvoyant, it is not entirely necessary. However, intuition is a requirement. The good news is that we are all intuitive. We use our intuition often, even if we do not realize what we are doing.

All illness, sickness and emotional trauma occur on one or more of the six levels of being described above. We can use an example — let’s say, stomach cancer. Through timeline healing and other forms of psychotherapy and emotional clearing, we can discover the causative mechanism in the various levels of being.

For example, suppose the person with cancer had a very traumatic childhood, involving a lot of judgment, punishment, verbal abuse and possibly physical abuse. Maybe this soul’s parents were very angry and the soul picked up that anger and made it his own. Then he suppressed the anger and covered over his emotions with bad diet and impulsive behaviors.

It’s relatively easy to identify the first three levels of trauma: the physical, emotional and mental. Physically there was abuse and the body reacted by stiffening up and becoming

defensive. This physical stress entered the cells of the body and started the process of illness.

Emotionally, the child felt guilty and perhaps undeserving of love. In addition to the anger taken on from the parents, the child felt unworthy and unlovable. These emotions festered and boiled under the surface until the cells of the body began to react.

The solar plexus is typically where anger is stored and the stomach is one of the primary organs in that area and so the cancer began in the stomach.

Mentally, the core negative beliefs, “I am unworthy” and “Something is wrong with me,” began to take their toll. Perhaps the soul attracted numerous people into his life that were also angry, and dysfunctional relationships became a way of life for this soul.

In addition to the lower three levels going out of balance, the astral, etheric and causal levels (the subtle bodies) were also affected.

The astral body is like a web of energy that connects everything in the universe. The astral level of vibration is similar to the physical level. Beings who vibrate at the astral level are often no more evolved than human beings and may be less so. Because the astral is not visible to normal Earthly perception, it is considered part of the spiritual universe. To the untrained, astral entities can appear as loving spirit guides, but even if they desire to help, they often have little or no ability to truly lift humanity into higher states of awareness.

In our example of a traumatized child, the astral energies of the parents and their spirit guides/entities could be embedded in the energy field of the child, and these energies might remain with the child as he grows into an adult.

These astral energies may in turn attract other beings of a similar vibration throughout his adult life, making it difficult for the soul to think for himself. The astral energies and thought forms may compete with his own subconscious mind, adding to the “voices in his head” that seem to hold him back from spiritual progress.

In some cases, negative astral beings can “implant” energies into the astral body of a traumatized soul. If the person has a lot of anger and fear, these emotions can attract other negative beings, including dark extraterrestrials, who may have their own version of implants designed to create an energetic link between the parasitic astral beings and their host (the traumatized human).

Timeline healing offers an opportunity to help heal the astral body that accumulated energies, thought forms, implants and entities during and after the original traumatic experience.

On the etheric level the energies are much higher in vibration but can nevertheless be subject to negative patterns. The electromagnetic body, aura and chakras can collect negativity from repeated traumatic experiences. Negative energetic patterns in the etheric body are known as “imprints.” These imprints alter the “blueprint” of the physical body. The energy patterns in the etheric body have a direct influence on physical health and when they are out of balance, can promote illness and negative experiences.

Imbalances in the etheric body show up in the aura and chakras, and there are many healing techniques designed to correct problems in the etheric body. Timeline healing goes back to the beginning of the traumatic experience and includes processes for removing the imprints and replacing them with positive energetic patterns.

The causal body includes the part of the soul that remains conscious from lifetime to lifetime. It is the causal body that remembers past lifetimes. This is the level of karmic agreements and soul contracts. When a karmic pattern is no longer beneficial to the evolving soul, it is often necessary to use a process like timeline healing to remove the karmic energy pattern from the causal body.

When a soul travels back in time to give a healing to the past self, it is important to tune into agreements that were made with other souls, as well as to understand the karmic lessons that the soul came to Earth to learn or complete. If the timeline healing practitioner is highly clairvoyant, he might be able to see into the Akashic Records, which are a repository for all soul experience in the lower planes of existence.

The causal body is level six of the six lower bodies of the human soul. Removing negative karmic patterns from the causal body represents deep, effective healing and makes it much easier to heal the other five bodies. For more information on healing the six lower bodies, refer to "*Soul Integration*" by this author.

3. What kind of results can you expect from timeline healing?

Many clients report that after just a few sessions, they have made more progress than they did in years of psychotherapy. A great deal can be worked through in just the first session. Of course, every client is different and results will vary. Timeline healing is especially appropriate for phobias and deep negative patterns.

Sometimes the healing is obvious. Before you began the work, you had a fear of heights and after a few experiences with a trained therapist, the fear is gone. Other times the healing is a bit more gradual and subtle. Perhaps you still feel fear as you gaze out the window in the upper floors of an office building, but you no longer tremble and shake. As you continue to work with your therapist, you no longer feel the sinking feeling in the pit of your stomach as you approach the elevator on your way to your office on the 30th floor. At some point you are able to "objectify" your fear and see it as simply an intense energy pattern. You are no longer caught in its grip and can move right through it to the other side.

The biggest obstacle to healing is resistance. Most resistance comes from the ego (see question #6 below). We are used to things being a certain way in our lives and even if we have a lot of problems that have been there for a long time, we are reluctant to let go of the issues. They have become comfortable and familiar, like an old, worn-out shoe even when the soles of the shoe hurt our feet. Why do couples stay in codependent, violent or traumatic relationships? It's familiar, it's predictable, and we tend to fear the unknown (until we heal that fear).

In order for any healing technique to be effective, the soul must be will ing to let go of familiar experiences and embrace the unknown. A timeline healer (or any effective therapist) must help the client relax, trust and let go of attachment to the painful life experiences of the past.

4. Are the healings permanent, or do the problems come back?

Like all healing techniques, it is possible to "regress" by once again taking on the negativity of the world (especially negative energy from family members), so clients are encouraged to practice the techniques regularly and to do their very best to choose a positive environment in which to live and work. We recognize this is not always easy. However, many deep-seated problems are permanently healed during timeline healing.

It is always a good idea to follow up with your client. A monthly check-in is a good idea. Let your client know that you are genuinely interested in their well-being, not simply looking to book more sessions and make more money. The problem with traditional psychotherapy is that

the client often becomes dependent on the therapist. You want your client to be strong and independent but at the same time you might need to use repetition and reinforcement of positive thoughts and emotions to help the client through a difficult phase. Knowing when to be active in the life of a patient and when to step back and give the person some room to heal — those are some of the subtleties of a good therapist.

Remember that the main reason problems come back is because the client keeps recreating the conditions in which the original trauma occurred. An example would be living with negative family members. If you are a therapist and a client comes to you with a lot of family troubles, you might do a wonderful job moving the client through the trauma. The client might even make remarkable progress. But if the client then goes back to the negative family environment, subject to all manner of judgment and conflict, it is likely the problems will come back.

It is not enough to simply give someone a healing. There usually need to be lifestyle changes as well. At some point the transformation in the consciousness of the client will lead to a change in outer circumstances. If you help someone heal anger and fear, they will stop attracting angry and fearful people into their life. This might eventually take the form of divorce or leaving a dysfunctional family relationship, but it might start with a sense of calmness and peace every time the client's family members begin behaving badly. The behavior might still be unacceptable, but there is no longer an angry, fearful reaction in the client.

It is not our intention to make this book into a guide for therapists, or to discuss in detail the realms of psychotherapy. However, if you are just starting out as a healer or are considering taking a timeline healing training, this advice could be helpful.

5. What is the science behind the timeline healing techniques?

Timeline healing utilizes two well-known principles of quantum physics — the Uncertainty Principle and the Nonlocality Principle. One of the ideas derived from this science is the theory that all time is happening now, in this very moment. When you visit early childhood or past lifetimes, you are giving a real-time healing to the self that exists right now in those time frames.

There are certain restrictions on what you can do, because you are not allowed to violate time paradoxes or force your will on others. In essence, you are not changing the physical events that occurred in the past, but rather, your experience of those events.

When you make changes to your experience of the past, you "jump" into a new timeline. Your original past still exists in the Akashic Records, but you have created a new timeline and are now living in that new reality (even if the physical details do not appear to change very much).

Let's use an example. Suppose your childhood timeline included being abused by your father when you were five years old. In the original scenario, nobody came to your rescue. You grew up being afraid of men and as an adult you have difficulty making friends with men or (if you are a woman or gay man) having intimacy with men. In some cases, you might repeatedly attract men who are like your father and who are abusive.

During a timeline healing session, you go back to when you were five years old and you give your five-year-old self a healing. Now, whenever you review that time period, you remember the healing you received. Your attitude towards men has changed. The imprint of abuse originally received by your etheric body has been altered and you no longer have a negative physical response to the presence of men.

The original timeline still exists, but you are no longer in it. This resolves the Grandfather

Paradox. You have not changed the linear past; you have simply entered an alternate timeline.

6. How do you deal with the ego?

The ego is the main source of resistance in any healing modality. Through breathing, meditation, safety statements, affirmations/autosuggestions and other healing methods, timeline healing goes deep into the subconscious mind and allows you to reprogram undesired negative beliefs, thus bypassing the ego.

During the training classes, techniques are included to deal with the resistance of the ego. If you decide to become a therapist, part of your job is to watch for the signs of ego resistance in your client. Going unconscious is a favorite strategy of the resistant self. Another is being overly talkative. Some souls rationalize or try to explain away everything. There is also the possibility of arrogance, of thinking you already know everything, so why bother to learn something new. Trying really hard is a cornerstone of the ego. “Look how hard I’m working to heal myself. I go to five classes a week, do two hours a day of yoga, meditate three hours per day, read hundreds of metaphysical and spiritual books, etc.”

This author has met many people who work very hard on healing themselves, yet do not seem to make much progress. Perhaps it is important to go back to the basic premise behind the hard work. If you believe you are defective, or powerless, or helpless in some way, and you choose an ego strategy of trying to overcome these horrible odds, you are essentially defeating yourself. In fact, you are at war with yourself. “I can’t stand this loser personality. I must do everything in my power to overcome it, suppress it, or even kill it.”

The real problem with all ego strategies is that you make the little self real and then try to overcome the formidable enemy you have created. There is no enemy (except, perhaps, the belief in separation). Learn to love yourself exactly the way you are. Once you have completely and totally accepted your ego and negative patterns, then it is possible to change them. Yes, it’s a paradox.

Love your ego, but discipline it regularly. Treat it like a little puppy that has not been house-trained. You would not beat the puppy until it is nearly dead when it makes a mistake. Consequently, acknowledge your errors, forgive yourself, and love and accept the little self that made the mistake. Then gently withdraw your investment in the ego. See it as an illusory self that does not really exist apart from your belief in it.

Learn to catch yourself the minute you start to fall into ego. Remember to love yourself unconditionally. At first this will be quite difficult. You will probably catch yourself after you have fallen into a conflict or identified with your ego. If so, forgive yourself, pick yourself up, dust yourself off, and get back on the path.

Timeline healing is an effective tool for overcoming the resistance of the ego. Through breathing, meditation and other techniques, you can discipline the ego during a session and move deeper into the core issues you want to integrate.

There are three main strategies for dealing with resistance, which are discussed in the class. In the training you are given a structure to follow and at different points in the structure, there are different techniques for handling resistance. If you follow the procedures, you will find that almost all resistance can be reduced or eliminated.

7. What actually causes healing to occur?

Divine Love is the source of all healing. As Divine Love is poured into the past self, along with various healing techniques, the conflict is dissolved. Most of the process is designed to help the conscious mind understand the problem and solution. Some techniques rely entirely on faith, while others, such as psychoanalysis, involve a detailed re-experiencing of old traumas and limiting beliefs. Timeline healing achieves a balance between total immersion in the past, and simply going on faith that God is somehow healing everything.

It is not extremely important to remember every detail of your past. It is not even all that important to be accurate in your recall of details, especially if you are working with past lifetimes. It might not matter if you died in a fire or flood. What matters are the feelings, thoughts and beliefs that were formed as a result of the trauma. Maybe your children drowned in a flood in your previous lifetime and you left that experience with a deep sense of guilt. Now, in this lifetime, you are afraid to be a mother and so you are having trouble conceiving a child. What's important here is not the method in which you lost your children in that previous life, but rather, the guilt you carry with you. During your timeline healing session, the emphasis will be on healing the guilt and returning to your Holy Divine Self.

You might be asking, "If all I need do is love myself, then why bother with all this therapy and healing?"

Unfortunately, the conscious mind needs something to grasp onto. It is not ready to simply believe all is well. It needs an explanation. It does not need exhaustive psychoanalysis where it relives every dot and tittle of the original experience. This is not to say that there is no place for psychoanalysis. Likewise, faith healing has its place. Simply relaxing and letting God do everything might be the perfect antidote for someone who is used to controlling everything. But in most cases, you need a balance between allowing your Higher Self to do everything and trying to figure out the details of what went wrong in your past.

Another way of looking at the healing process is to realize that in order for healing to occur, you must create the right environment for it. You are unlikely to get healed if you remain immersed in a negative family environment and are attached to blaming others for your problems. Perhaps joining an ashram, spending ten years with a guru, and then starting your own healing practice, is a more balanced approach. You start with extremes — going from a horrific, oppressive family environment to a calm, peaceful ashram. Eventually you find the balance point between these extremes. Maybe you get together occasionally with family and are careful to remain detached from the drama, while taking care of yourself, meditating regularly, and visiting the ashram once in a while.

8. How did timeline healing begin? What inspired it?

Timeline healing was given to this author by his spirit guides, the Arcturians, around the year 2005. The Arcturians live in what he calls the seventh dimension. In their world, they long ago put away the childish toys of war, poverty, control and oppression. Their society consists of loving relationships, scientific endeavors and real education.

What is real education? It is about exploring questions like, "What is the self and how do we learn to express it in helpful, beneficial ways? How do we overcome the ego? What is love and how do we enter into its presence? How do we balance physical and spiritual life? What is the nature of the subconscious mind? The superconscious? How do we attain enlightenment? How do we learn to get along with each other? How do we build an enlightened society? How do we deal effectively with criminals, psychopaths and those who refuse to cooperate with the goals of

society? How do we deal with negative emotions?" And of course, the most basic question, "What is our purpose and mission in life?"

9. What is a timeline healing training? How many are there? When and where can I attend a training?

The first trainings took place in approximately the year 2012. There have been dozens of trainings in many countries around the world. In 2015, an advanced course was designed and is now being offered. Eventually, there will be three levels to the overall program.

Trainings usually consist of about 16 hours of instruction, along with several actual sessions that are traded between students (as well as lead by the instructor). A training is more than simply an opportunity to experience the process. Although every trainee goes through several experiences, the main objective is to teach souls how to use this technique on others. In the advanced training, you learn to do the technique on yourself without a therapist.

Why wait until the advanced training to do this? It's important to fully understand and experience the technique with fellow students and hopefully a certified professional therapist before you begin doing this on your own. It's easy to get overly confident in your abilities to heal yourself and then not know what to do when a particularly difficult form of resistance comes up.

A favorite form of ego resistance is trying to take shortcuts or becoming impatient with your healing process. While timeline healing is, essentially, a shortcut to years of psychotherapy, this does not mean you should hurry through the process and try to do it alone before you are ready.

10. In what countries are the trainings offered?

As of 2017, the beginning and advanced trainings have been conducted in Russia, USA, Slovenia, Serbia, Croatia, Romania, Ukraine, Kazakhstan, Vietnam, Indonesia and a few other countries. In the future, we anticipate trainings in Bulgaria, Canada, western Europe, Australia and New Zealand.

11. How are the trainings structured?

Usually the training takes place over a weekend, in two 8-hour segments, or is divided into four evenings, each a 4-hour segment.

12. How many sessions does it take to get healed?

Of course, this varies, depending on the level of intention of the client and effectiveness of the therapist. Sometimes the majority of trauma around a specific event is healed within one session, while other times it might take several sessions to work through a particularly deep issue.

There are techniques designed to heal multiple traumas of a similar nature without needing multiple sessions. See "String of Pearls" technique below.

13. How do you handle difficult clients?

The same way you would handle them in any therapeutic environment — with great care and patience. There are specific techniques to help bypass the resistance of the ego, but remember that you cannot force anyone to change. The hardest clients are typically those who are dragged to the session by a spouse or have otherwise seemingly come to the session through coercion from others.

The most important aspect of therapy is creating a safe environment so that the client can speak authentically and accurately about his feelings and thoughts. The therapist is a guide and is not there to "fix" the person. About 90% of therapy is listening and simply being present with the client, while around 10% of therapy is about techniques. It is important to resist the temptation to try and force the client to do healing work. "You can lead a horse to water, but you can't make him drink."

Usually when clients come to a timeline healing session, they have already been through more conventional healing methods and are serious about working on themselves. "When the student is ready, the teacher appears" can be reworded to "When the client is ready to heal, the right therapist will appear to facilitate the process."

Some clients are not ready for timeline healing and should be referred to other therapists and healers. In some states and countries, suicidal clients must be referred to someone who is licensed to handle potential suicides. It is important to take into consideration the mental state of a potential client before you begin working with him. Find out if the client is on medication. If you are not authorized to diagnose, treat or prescribe, you might need to refer the client to someone who can, such as a psychiatrist. Timeline healing is not a substitute for psychiatric treatment. We do not diagnose, prescribe or medically treat patients. They should be referred to a licensed professional if they need or are seeking medical advice. Nevertheless, many clients who are taking prescription drugs could be significantly helped by timeline healing

14. What types of traumas do you work with?

All types. Post-traumatic stress disorder (PTSD), severe illness and injury, physical and sexual abuse, depression, phobias, energy imbalances, etc. If the patient has a life-threatening disease, timeline healing can be an effective way to supplement a medical regimen. We encourage a natural, holistic approach to healing, although we are not allowed to give any advice regarding cancer treatments.

15. How do you get people to remember past lifetimes?

You do not have to be demonstrating your psychic abilities prior to attending a timeline healing training. Within the course itself, students become more intuitive and often more psychic. It is not psychic ability that determines the effectiveness of a session, but whether or not the client is able to get in touch with the thoughts and feelings surrounding a traumatic experience. Even if the perception is faulty, the feelings are usually genuine.

16. How many past lifetimes have trauma? What percentage?

Of course, this will vary, since no two souls are exactly alike. Some souls have many lifetimes of heavy trauma, such as violent deaths, persecution, torture, etc., while others seem to have very

little severe trauma. A rough guess would be that perhaps one fourth of all past lifetimes have significant trauma, although more advanced souls may have worked through some of this trauma in subsequent lifetimes.

There are old souls and relatively new souls. This author has a specific definition for each category of soul. It is not necessarily better to be an old soul — sometimes young (new) souls are learning faster and that is why you are encountering them. Souls on Earth have typically had between 50 and 100 past lifetimes here, plus many hundreds, if not thousands, of lifetimes on other worlds or in other dimensions.

Many of the more advanced souls that come to healers and therapists have had only a few lifetimes on Earth, but a great many in other places. They are known as "starseeds." Starseeds tend to have a hard time fitting in to the society on Earth. They take an extraterrestrial perspective on most things in life.

If you feel you do not belong here and you seem to have little or no past life karma, then you may be a starseed. If you do not remember your past lifetimes, you may want to consult a timeline healer or past life regressionist for more information.

17. What is reverse timeline healing?

This is a technique for creating and manifesting the things you want in your life. It involves tuning into your powerful, successful, happy self that has existed at various times in your soul history. See the next section for more information.

18. What is Future Timeline Linking?

This technique involves traveling into the future and meeting your future self that has already accomplished the things you desire to accomplish in this lifetime. We have included a subsection on this technique below.

19. What is String of Pearls?

This is a technique that streamlines the timeline healing process when there are several instances of similar trauma in the client's past.

20. Do I get a certificate for completing a timeline healing training?

Yes. You are required to attend at least 75% of the training in person and receive and listen to recordings of any portion you miss. Recordings are included with the class and are only to be shared with other members of the class to protect confidentiality.

21. Do I join an association?

An association is in the process of being formed and you will have an opportunity to join at some point in the future.

22. How do I incorporate timeline healing into my existing healing practice?

We will talk about this in the class. We will also assist you in determining which of your clients are good candidates for timeline healing.

23. How do I become a timeline healer? How do I attract clients?

This is covered in the class. You must have a strong desire to help others. Healing or therapy background is helpful. Psychic ability is a plus but is not required.

24. Is there any general advice you want to give us?

Go within and listen to your heart to see if timeline healing is right for you.

25. How do we contact you? What is your website?

Sal Rachele, www.salrachele.com srachele2004@yahoo.com

B. Reverse Timeline Healing

In regular timeline healing, you go back into the past and heal traumas that occurred in the original dominant timeline. As a result of the healing, you jump into a new timeline. This changing of the past creates a different future because your present state of consciousness is largely responsible for the type of future you create.

In reverse timeline healing, instead of going back to traumas, you go back to the most positive experiences you have had in the past. This is especially helpful when you want to create something positive in the future and you need to get in touch with a positive part of yourself in order to radiate that energy out into the world (using the Law of Attraction). It is difficult to create positively unless you are energetic, enthusiastic and eager to move forward with your projects. Reverse timeline healing is a way to access the energy and focus necessary to accomplish your goals and objectives.

Once again, this process is based on the Nonlocality Principle of quantum physics. When applied to time, you have all your past, present and future selves existing right now. Therefore, every success you have ever experienced is happening in this eternal NOW moment.

In reverse timeline healing, you get in a time machine and go back to a particularly positive time in your life and you bring the energy of that positive self forward in time to the present. Then you radiate that energy outward into the world while visualizing and focusing on your intended result.

It is important to realize that you are not wishing and hoping for things to be different. Also, you are not trying to force things to change in the outer world. Those approaches come from the ego and are rarely effective. Remember the affirmation, “The Kingdom of God is within you.” This is the state of consciousness you want to be in when you are attempting to create something positive in your life. All the success motivation teachers urge you to act as though your success is already accomplished. The truth is, your success is already complete because all your past and

future selves are here now, including the most successful ones.

Therefore, the technique involves embracing the calm, peaceful certainty that you are manifesting that which you desire in your life because you have successfully done this many times before (not just in this lifetime but most likely in multiple past lifetimes).

The other important point is how you direct your energy. The key to success in any field is to live life from the inside out. Most souls are trying to grab at things in the outer world and force those things into their lives. You are centering in your heart and solar plexus and directing energy outward from those chakras. You can also direct energy out of your third eye chakra, but the mind is overemphasized in most visualization and healing techniques. We want to emphasize the center of love and compassion (the heart) and the center of power and personal will (the solar plexus). When you have a strong sense of knowing what you are creating, and you direct this powerful energy out through your heart and solar plexus, it becomes much easier to overcome any obstacles that may be in your way.

You are a powerful, creative, spiritual being. The author repeats this phrase often and for good reason. The world does not teach you this. The world would have you believe that you are lacking and limited, and that you must aggressively go after what you want, even if it means trampling others in the process. You can see this on Wall Street and in the governments of the world. All true power comes from within. It has nothing to do with money, prestige, fame, influence or any other worldly attribute. In reverse timeline healing, you celebrate the fact that you are already enlightened, prosperous and free, even if it is not apparent in your outer conditions at this moment.

C. Future Timeline Linking

1. Using the Blind Future Method

For those who do not know what they want to create, you can do the following:

This technique is exactly as it sounds — a blind look into the future. Without making any decisions beforehand, imagine jumping into a time machine and traveling five years into the future. As the time machine comes to a stop five years from now, you meet your future self at the door and your future self takes you on a tour of your life five years from now.

What do you see? How do you feel? Is this what you really want?

If you feel wonderful and complete after doing this, then perhaps you are already on the right path. But for most souls, it will be hard to visualize because you have not stated your intention and gotten clear about what you really want to be doing. There might even be some fear and anxiety about the future.

It is difficult for many souls to determine what they want to do with their lives. This confusion usually arises when the parents want one thing, friends want another, common sense has its own ideas, and the heart and imagination have yet another opinion.

Part of the problem involves the value society places upon certain professions. Suppose you want to become an artist. We've all heard the phrase "starving artist." The stigma of poverty and impracticality gets thrown into the mix every time a soul wants to do something that is generally considered unprofitable (except for a tiny minority who have managed to succeed as artists).

Imagine a society that puts the greatest value on the things that contribute the most to peace and harmony, or that touch lives in a beneficial way.

Have you perhaps noticed that over half of all jobs in the western world have something to do

with managing money? There's the need to save it, spend it, invest it, insure it, count it, guard it, pay taxes on it, etc. The banking and insurance industries are not the only ones involved. There is the entire trading industry: Wall Street, venture capitalists, speculators, commodity brokers, currency exchange centers, options and derivatives specialists, etc.

While you might be quick to point out that these are jobs that bring income, how are these occupations helping humanity and contributing to the well-being of the planet?

The souls being born on Earth today are generally more evolved than the souls being born a few generations ago. Most of them want to do something productive and meaningful with their lives. They are born into a system that seems to reward those who are obsessed with making money, or who are domineering and aggressive salespeople, or cunning and clever at how to avoid taxes, etc. Is it any wonder that many of them grow up confused? They are expected to know what they want to do when they get out of high school, and definitely what they should do after college.

When a soul is confused about what he or she wants to create, this confusion goes out into the waveform of possibilities. As the soul takes some sort of action (unavoidable in the lower planes), the dominant timeline weaves back and forth through the choices being made. The confused soul takes a job, any job, to have enough money to meet expenses, and then works for 10, 20 or 30 years at this job (if the company stays afloat and he does not get fired). Then comes the "mid-life crisis" where the soul discovers a lack of contentment and fulfillment in the profession.

How many courses in life coaching are there in your average high school or college? Maybe there's one career counselor for 5,000 students. How many of those counselors really understand the human psyche? How many know the soul?

For both men and women, there is the biological urge to make babies and raise a family. Obviously, this keeps the human race going and is essential, but is it right for everyone? Is it part of your purpose to have a family, or is it the biological drive and opinion of society that is pressuring you to have children?

The point of this discussion is to describe how the dominant timeline of humanity is heavily influenced by the belief systems of society, as well as the programming and conditioning of growing up in the western or eastern world.

Of course, in many parts of the world, religion plays a big part as well. Brahmins, Jews and Muslims are expected to marry within their own cultures. A young person who insists on going outside the accepted norms may lose the support of the parents and might even be banned from seeing family members.

Earlier we stated that in the third density consciousness, there is really no free will because our wills are heavily conditioned and molded to fit into existing societal patterns.

So how do you break out of this quandary? Two words: *Know thyself.*

Find out who you are and what makes you tick. Stop listening to the well-meaning advice of family and friends and go within. What do you really want? What brings you the greatest joy and happiness in life?

If the future self you experienced in this first technique does not feel really good to you, then you need to try a different approach until you are clear about what it is that you want to create. There are techniques for determining your life purpose and mission. One involves listing all the things that bring you the greatest joy in life and then picking one, two or at most three things that bring you the most joy and fulfillment. Then you make a second list of all the possible ways you could have a business doing what you love. Finall y, you choose a business that feels really right

and you get practical and list the steps required to make that business successful. We will revisit this idea in more detail later.

2. Choosing from Multiple Options

When you are not clear about the dominant timeline you wish to create, it is often helpful to use the multiple doors approach. Perhaps you have several options open to you, or dreams that you want to fulfill. It's often a good idea to visualize several different doors. Behind each door is a possible or probable future. You travel mentally through each timeline and then see if that door feels right to you. Your intuition will tell you when something is good for you, and as you learn to hone your skills, you can begin to understand what intuition feels like when you are contemplating the highest and best possible outcome — what we call the "optimum timeline." We will have more to say about optimum timelines very shortly.

How far into the future should you go? It is recommended that you travel three years into the future (for short or easy projects), four years into the future (for more complicated projects) or five years into the future (if your project is very large and will likely take a while to assemble the players).

The first step is to write down all the possible paths that you are contemplating. For example, door number one might be staying at your present job and doing essentially what you have been doing for the last several years. Door two might be starting your own business using skills and abilities similar to what you have already developed at your present job. Door three might be changing careers and going into holistic healing or psychotherapy. You might have a fourth door that is "none of the above."

In your meditation, you will select a door and travel into the future. Behind that door is your successful self, doing what you have designated. Behind door number one is your successful self at your present job, behind door number two is your own successful business doing similar type of work, etc. As you meditate upon and observe your successful future self going about his/her business, breathe deeply and tune into your body. How do you feel? If you are feeling light, energetic, enthusiastic and alive, yet also calm and peaceful at the same time, then the future self you are linking to is essentially telling you that this is the right path. If you feel tired, drained, low energy, heavy or bored, then the path you are contemplating is not right for you.

You might be thinking, "Why doesn't my future self just tell me if this is right or not?" Of course, that's possible, but it's better to tune into the body, because the intuition does a better and more accurate job of communicating through the sensations in the body than it does through the mind, since the mind can become co-opted by the ego. This is similar to what some call the "gut instinct." If you look back on your life at the various decisions you have made, how many of them were made from your gut instinct? What happened when you let your mind override the gut? About 80% of the time, the gut instinct is correct. This is because your intuition communicates through the heart and solar plexus more so than through the third eye and other chakras.

Once you have visited door number one, move on to door number two and repeat the process. Spend a few minutes simply observing the self behind each door. Make sure you see your future self being highly successful in his/her chosen field. Visualize as many details as you can. With a successful business, see the income exceeding expenses. See happy clients, customers and employees. Notice your bank account growing every month after taxes.

In our example, you chose four different doorways and now you have a collection of feelings and sensations corresponding to each door. Ideally, one door feels great and the other ones do

not, but sometimes it is not that easy. You might have a mix of emotions behind some of the doors.

It might be that your highest path is to combine aspects of the self behind two or more of the doors. At the very least, you should be able to eliminate one or two of the doors right away. For example, doors two and three in our example involved having your own business. Maybe these doors felt noticeably lighter than the other two.

You can then redo the exercise using just those two options. If there is no clear choice, go deeper into meditation and repeat the exercise. Ask your Higher Self to help you. You can ask both the future self and your Higher Self to tell you which door is right for you and see if the answer you get agrees with your bodily sensations.

It is important to differentiate between resistance to what is right for you versus feeling what is not right for you. When you are simply resisting what is right for you, the uncomfortable or negative feelings will be on the surface, but when you go deep into meditation you will feel calm, relaxed and clear. If you still feel negative when in deep meditation, it is a sign that the path you are contemplating is not right for you.

Let us repeat this in a slightly different manner. There is a way to tell the difference between resistance to what is right for you, and a set of feelings that is telling you a chosen path is not the correct one. The key is meditation. If you are feeling uncomfortable about a contemplated path, go deep into meditation. If you start to feel calm and peaceful in this deep state (while contemplating the path), then most likely what you have been feeling is simply resistance to doing what is right. If, however, you feel heavy and tired while deep in meditation, or the unpleasurable feelings increase, then you can be quite sure the path is not right for you.

3. Linking to your future self

This technique is for those who do know what they want to create.

When you already have a plan in place and just need a boost of energy and focus, regular future timeline linking is probably right for you. In this case you only have one door in front of you that leads into the future. You choose to enter a time machine where you dial in the future date (usually three to five years from today’s date).

When the time machine stops at that date, you disembark and meet your future self who is standing at the door greeting you. Your future self then takes you on a tour of his/her life, showing you where he/she works, lives, who he/she is in relationship with, etc. The most important part of this process is to feel the joy, aliveness and gratitude that emanates from your future self.

Your future self will become a spirit guide for you when you return to present time. While you are connecting in the future, you form an energetic link to your future self, and you keep this link throughout your completion of the time loop. (Note: You have already taken the journey through the quick side of the loop. The other side is your linear journey that will take three to five years to complete.)

As you return to present time, you feel the presence of your future self guiding you as to your specific tasks and decisions. Every time you come to a moment of indecision while on your linear dominant timeline, ask your future self, “What did you do when you got to this point? What decision did you make to get where you are?” Then listen for an answer or receive the answer intuitively in your body.

Because you have free will , you can change your mind somewhere in the middle of completing the time loop. If you decide on a different future two years into a five-year loop, you

can say goodbye to your future self and create a different future self that is more aligned with what you have decided to do. You then create a new time loop based on your altered decision. Your previous future self still exists in a possible (parallel) reality, but your new probable reality involves a different future self.

If you seem to lose touch with your future self, due to the demands of the world or influences from family, etc., then repeat the meditation and reconnect with your future self by getting back in the time machine and asking your Higher Self to once again take you into the future.

4. What is the optimum timeline?

Earlier we talked about the predestined level of consciousness that exists above and beyond the realm of free will . The optimum timeline is ultimately the one your soul chooses when it is completely aligned with the Higher Self. However, as long as you are partially or completely immersed in the lower dimensions, it will seem as though some timelines are better than others. From a linear perspective, there is always one timeline that is the highest and best for your soul growth, happiness and well-being.

Ask your Higher Self to place you on your optimum timeline. Now every decision you make will be guided by this request. If a contemplated path is not part of your optimum timeline, you will feel something is “off” in your body and mind. Sometimes doing the same thing every day takes you off your optimum timeline. If that is the case, then the things that used to bring you joy and energy will no longer do so. You will get bored with the path you are on. This is the Higher Self’s way of saying that the details of your optimum path have changed.

Once again, this is not to be confused with resistance. Some people have a hard time persevering and staying focused. If you suspect this is the case, then retreat. Go into meditation and repeat the future timeline linking process. If you still feel bored, then it is right to change your path, but if your peace and calm are restored simply by meditating, it means you have hit a layer of resistance to following through with your commitment.

Once you reach a certain state of consciousness, you will always be on your optimum path. There will be a natural progression of events in your life that keep you moving along the perfect Divine Path for you. In other words, the ego will no longer tempt you with its meager offerings. When souls ask you to do things, you will immediately feel a “yes” or “no” answer and there will be no inner conflict. Typically, the quality and quantity of friends and acquaintances change as you move more and more into your optimum timeline. The phrase, “It was meant to be,” becomes more significant with each new relationship. You experience synchronicity and a sense that everything is flowing effortlessly, even when physical effort is required as part of your path.

How do you know when you are on your optimum path? Even hard work will not seem difficult because you are doing what you love. To others who are observing you from their non-optimum states, it might seem that you are working very hard indeed, but you are enjoying it immensely. A lot of people have a misguided idea that being “in the flow” means sitting around allowing God to drop everything into their lap. That is a misunderstanding. The big difference is that when you are active, that is God asking you to move your feet, rather than the ego pushing and driving you forward out of fear that you will not make it.

Learn to recognize the difference between ego and spirit. *A Course in Miracles* says, “Spirit leads gently into Heaven, while the ego drives and pushes into hell.” If you feel you are acting out of a sense of obligation to family and friends, you can rest assured that you are listening to the voice of ego. Sometimes ego and spirit want the same things, but the approach is totally different. If both parts want loving relationships, it will be for different reasons. Spirit wants

loving relationships because it loves to share itself with others and it wants to help others awaken to higher states of consciousness. Ego wants loving relationships because it hates to be alone and wants love and approval from others to satisfy its deep inadequacies.

Trust and faith are a big part of moving into spirit (Higher Self). Once you have done the work, expect positive results. Note that this is different from demanding results. You merely follow the guidance of your future self and Higher Self and know that the highest and best possible outcome is on its way to you.

Imagine what would happen if you were a farmer and you planted your seeds, then dug them up every day to see if they had germinated. You would not have much of a crop. However, if you diligently water and till the soil, weed the space, choose the best possible seeds, etc., then you know your crop will flourish. You trust that sunlight, water and good soil will work together to produce a wonderful crop.

There have been many spiritual masters and teachers who have worked this process. Trust that they know what they are doing. Do not blindly follow without tuning in to your deeper self, but allow the grace of the Divine to come through not only the teachers, but others who come into your life for specific purposes. Everyone in your life is there for a reason. As you align yourself more and more with your Higher Self, the people in your life will consistently assist you in accomplishing your purpose.

5. A Basic Life Coaching Process

Earlier we gave a short version of this creative writing exercise. Now we will elaborate.

Step 1: This process requires three sheets of paper, or three separate pages in a word processor. On the first page, list all your favorite pleasures in life, the things that bring the greatest joy and fulfillment. Do not worry about being practical. Just write them all down. Your list might include things like: “Lying on the beach,” “Hanging out with friends,” “Listening to music,” “Meditating,” etc. Make sure you fill up the page.

Step 2: Now go through the items on your list and pick one, two, or at most three of the items and put them at the top of the second page. Then make a list of all the possible ways you could have a business doing those things.

Example: If “Lying on the beach” is your favorite pleasure in life, then you might list things like, “Become a lifeguard,” “Sell beach condo timeshare apartments,” “Become a scuba-diving instructor,” “Write reviews of beaches for national magazines,” “Lead people on South Pacific island tours,” etc. Once again, make sure you fill up the page, and again, do not worry about being practical.

Step 3: Take one of the items on the second list that really stands out. When you think about doing this business, you feel light, energetic, happy, enthusiastic and peaceful, all at the same time. This is the business you will create. This is the business that will experience success.

Now it’s time to get practical. Ask yourself, “What are the steps required in order to have a successful business doing this thing that I love to do?”

In the case of the soul who chose “Lying on the Beach,” he might decide, “Becoming a lifeguard,” is what he most wants to do. Then he writes a list of everything that is necessary to manifest this as a successful business. His list might include, “Take a course in CPR (how to rescue drowning people),” “Submit employment applications in coastal cities,” “Design a website announcing availability for private beach parties,” etc.

This process is going to be hard work, at least from the viewpoint of those observing. But to the soul who loves what he is doing, it will not seem like hard work, even if setting up the

business requires long hours for the first several months.

6. More on Finding Your Passion — The Door Example Revisited

There are a lot of books on the subject of finding your passion, so we will be brief. We are suggesting that going deep inside and exploring your feelings is the first step in determining what you want to be doing with your life. Let's suppose you are starting college and want to know which major is right for you. We can use the multiple doors option we described earlier.

Suppose you have three majors you are contemplating that involve three different career paths. You can imagine these changes are behind three different doors.

In this case, we recommend five years as a good amount of time to go into the future (if your degree involves two to four years of study). If your proposed path involves a longer period of education, such as obtaining a medical degree, you can pick more than five years as a time-frame for becoming successful. If your desired business requires a bit more setup and further education, you could pick six to eight years, etc.

You might want to give yourself at least two years after graduation before you see yourself in a successful business in your chosen profession. You can include visualizing passing your exams with flying colors, then seeing an employment contract with good numbers, etc.

Remember to put each profession (career path) behind a separate door.

Now, let's repeat a process we did earlier. Go into meditation. Breathe deeply. Imagine you are walking through Door #1 and moving five (or more) years into the future. You are now successful in that career path. Visualize all the things that go along with that success: Lots of happy and satisfied clients or customers, a beautiful office or space for practicing your profession, continuously increasing income, a bank account that is growing each month after taxes, etc. You might want to include having time left over after your business day for family, friends and your spiritual practice.

Continue to breathe deeply and observe what life looks like being successful in that profession. Notice how you feel in your body. Do you feel light, happy, clear, joyful, satisfied, fulfilled, and fully alive? Do you feel a sense of calm and peace? These are signs that this business or profession is right for you. If you feel confused, low energy, tired, drained, bored, or have a feeling of heaviness in your body, that is a sign that this business is *not* right for you.

Once again it is important to recognize the difference between resistance to doing what is right for you, and guidance that what you are proposing to do is *not* right for you. Again, the depth of your meditation will reveal the difference between resistance and feeling what is not right for you.

Continue the above process for Doors #2 and #3. Make sure you breathe deeply and stay in meditation while going through the three doors. When you have finished with the third door, compare the feelings you had. Which door feels best? If you are not sure, repeat the process.

Ask your Higher Self to help you with this process. Your Higher Self knows the highest and best path for you. You might want to use an invocation process to call in your Higher Self. Such processes are given in previous books.

Free will means you can change your major or career path if you decide, after a year or two of study, that you really did not make the best choice. However, the more you get to know yourself, the easier it will be to recognize when something is right for you and when it is not.

Once you are clear about the path you want to follow, you can use regular future timeline linking by asking your Higher Self to take you into the future to meet your future self who is already successful in your chosen career path.

As stated before, your future self will take you on a tour of your life three, four or five years from now. Notice the bright, shiny look on the face of your future self. Feel the wonderful energy that comes with being successful doing what you love.

When you return from the tour of your future life, stand in front of your future self and do eye-gazing. Imagine a ribbon of golden light extending out from the third eye of your future self to your third eye. Imagine a similar ribbon of golden light going from the heart of your future self to your heart. Also see a similar ribbon extending from the solar plexus of your future self to your solar plexus. This is the link that will be there until you meet your future self in linear time three, four, five or more years from now.

Return to the time machine and come back to present time. Feel the links to your future self remaining as you return from meditation. Your future self is now a spirit guide to you. Every time you have a decision to make in present time, you can ask your future self, "When you came to this branch in the road, what did you do?" If you have trouble connecting with your future self, repeat the future timeline linking process a few more times.

Once again, know that in this world of free will , you can decide while part way into completing the time loop (reaching your future self in linear time), that you can change your mind and create a different future self.

We hope you did not mind the fact that we repeated this process again and, please, do not get discouraged if you do this multiple times and still feel a bit uncertain about your future. Practice makes perfect.

Channeling #7 — Message from the Founders on Being a Master of Time and Space

Greetings, dear Creators, we are the Founders. It is our pleasure and privilege to spend this time with you.

This channel is repeatedly saying, "You are a powerful, creative, spiritual being." As you know, the more you say or think something, the more it impresses itself into the subconscious mind. You live in a world that is constantly impressing negative belief systems into the collective race mind of humanity, so you need to be constantly vigilant about overcoming this negative programming.

Perhaps nowhere is limited thinking more prevalent than when it comes to time. "Time marches on," you are told, as though there is nothing you can do about it. As long as you are caught in the realm of maya, or illusion, this is true. However, if you have read this far, you are ready for something more. You are ready to reclaim your mastery of the elements, and the biggest of these to seemingly overcome is the realm of time.

Begin by making friends with linear time. It seems to move independent of your consciousness but that is an illusion as well. When you accept it, however, you are no longer resisting "what is" and you have the strength and clarity to connect with the part of the Self that can overcome the illusion.

You can experiment with time by observing how it seems to expand and contract at different times. Some of this is psychological, such as the perception that time speeds up as you get older, but you can recall minute details of earlier life in such a way as to change your perception of time.

Your state of consciousness influences how much you can accomplish within a given period of time. Not only that, it can actually change the physical dimensions of time. This author once traveled a certain stretch of highway (a constant distance each time), but the passage of time

changed even though his speed was constant. This makes no sense from a Newtonian point of view — yet that was his experience. Perhaps he traveled 100km at 100km per hour and reached his destination in 45 minutes one time, or 75 minutes another time.

Did he violate the laws of physics? No, but his consciousness affected the way he interacted with the various dimensions of time-space.

This simple example gives you an idea of what you are capable of achieving. Perhaps you have determined that your present conditions will make it impossible to get to your flight on time, but you focus on the desired goal and somehow, through all the chaos and confusion, you reach your gate well ahead of the scheduled departure.

You are already a master of time and space, you just have not awakened to that realization yet. Who you are is beyond time-space. You are the eyes, ears, arms and hands of God in this world. The power is within you. Never forget that for a single moment.

Do not fight with time. If you make it your enemy, it will seem to thwart you at every turn. As you get older, it will seem to fly by you without letting you get on the train. There will never be enough, or there will be too much.

Go into your center. Meditate. Breathe. Make time your ally. Gain its confidence. Then rise above it, gently, from your center. You can do this. Stop giving it so much power. Ultimately, there is no such thing as time. There is only a movement of consciousness. In fact, consciousness is the only thing that actually moves. Everything else can be likened to stage props in the theatre of life.

We, the Founders, are with you as you make your journey into mastery. Rejoice that you have a lot of help and support from on high. You deserve it. You are the ones you have been waiting for. Be the expressions of God you were meant to be. Know that all is in perfect Divine Timing.

We are the Founders. Good day.

Chapter 8 — How to be a Master of Time-Space

Advanced Timeline Concepts

For those of you who do not like reviews, let us apologize in advance. Time is a mysterious and difficult subject for most readers and we need to repeat ourselves in slightly different ways from time to time.

In the advanced timeline healing training, students have an opportunity to learn more about the nature of time and how to "master" it. Using that word in this context means, "Having full access to the principles and practices regarding time." It has nothing to do with dominion over something, or controlling it, or forcing it to do your bidding.

Being a master of time-space means learning its secrets and utilizing those secrets in order to further your understanding of self and cosmos. It means recognizing your eternal Divine nature and actualizing it in the world. If you learn to materialize and dematerialize along the way, so be it. However, this is not about attaining some lofty level of psychic ability or manipulating the elements.

All students of truth must learn to let go of their desire to be victorious over so-called negative circumstances. There is nothing to conquer or subdue. There is nothing to force into submission.

Negativity ceases once there is a unified presence of consciousness within human beings. Therefore, your main task as a spiritual being is to go deeply into the nature of belief systems, programming and conditioning, and resolve the inner conflicts within the self. Once your being is unified, whole, integrated, complete, etc., then you realize you have always had access to the "Kingdom of Heaven."

The powers that transcend time-space are locked within your One Being, waiting for you to put away the distractions of this world and resolve the war within yourself. As long as a part of you believes you are a miserable little human being, subjected to forces beyond your control that want to squeeze you into a little box, dictate what you are going to do with your life, etc., then you will fail to realize your own magnificence.

This is why we keep coming back to personal growth, psychological clearing, and reprogramming of the subconscious mind. Until you actually KNOW you can be a master of time-space, this will simply remain a nice fantasy, a science fiction endeavor, or a prophetic vision of times far in the future of linear time.

To help you realize your mastery, we have compiled a list of several topics below, some of which we covered earlier.

You Can Go Anywhere in Time and Space and Perceive what is Taking Place There

All of time-space is spread out before you like a tapestry, regardless of whether or not you have learned how to see it. Using the techniques of advanced timeline healing, you can view events as they are unfolding in the past of the dominant timeline, as well as parallel and probable realities that are taking place in the past, present and future.

You can jump into a new timeline, or access any existing timeline simply by directing your

energy and attention to a particular reality or imagined reality. In a later chapter, we will take a look at how to energize, or activate, a possible or probable timeline and precipitate it into the dominant timeline.

You cannot Change the Physical Details of the Dominant Timeline by going back in Time, due to the Grandfather Paradox — There is One Undivided Dominant Timeline — This is Time in the Particle State

It is possible to have multiple dominant timelines running concurrently (a concept we explored earlier). However, for this discussion we will assume there is one dominant timeline. As such, based on the Grandfather Paradox, you are not allowed to violate the free will of the souls experiencing the dominant timeline. What does this mean?

Let's say that there are two realities taking place on Earth at the same time in the third dimensional dominant timeline — one of war and one of peace. This might take the form of having a war in one part of the Earth and peace in another part, with little or no interaction between the two zones.

If you, in the peaceful zone, decide to make changes to the war zone by changing the physical details within that region, you will likely not be successful. For example, if a particular dictator came into power five years ago and started the war, and you decide to go back in time and kill that leader so he cannot assume power and start the war, this is a violation of free will . There may be hundreds or thousands of souls that have "signed up" to be a part of that war because that is what their souls wish to learn. By interfering in their timelines, you have violated their free wills.

While free will can seem to be violated in the lower realms, it cannot be violated in the realms above level four. Let us try to explain this paradox.

There is a level where everything that happens in this world is a product of consciousness exercising itself as free will. There is also a higher level of understanding that says, "Everything happens in perfect Divine Order."

If someone appears to violate the free will of another, then from a lower perspective, one soul has forced itself on another soul against its will .

However, in a higher level, the interference caused by one soul over another was "meant to happen." It was planned from the start, even though neither soul might be aware of this.

Taking this to its logical conclusion, suppose you were able to travel back in time and make changes to the dominant timeline. That would mean that such changes were "meant to happen" and were actually a part of the dominant timeline all along.

Ultimately all souls get exactly what they want from life, even though they usually do not experience it this way.

Regarding the idea that a change to the timeline was "meant to happen," where is the original timeline before you went back in time and changed things?

In truth, when time travel occurs, a new timeline is created immediately, since it is impossible not to change something by going back in time. If the time traveler is significant to a large number of people, then those people will all "jump" into a new timeline together in order to experience the influence of the time traveler. You could say that the people affected by the change have parallel selves that exist in the original unchanged timeline.

So in one timeline, a dictator rose into power and started a war. In another timeline, someone arrived from the future and prevented the dictator from starting a war. Those whose souls are

ready to experience peace might choose (usually unconsciously) to “jump” into this new timeline of peace. Of course, they must do so in a way that does not interfere with the lessons of all souls involved. In many cases, the souls will not even realize they have jumped into an alternate timeline. They might simply marvel at how someone came magically onto the scene and negotiated peace at the last moment.

This idea gives the impression that there is predeterminism. Such a state exists outside the lower dimensional realm of free will . Recall our analogy of the trail in the forest and the viewpoint from the tallest tree. From a high state of awareness, it is possible to see the whole tapestry of time and space laid out in minute detail.

This does not take the magic and mystery out of life. On the contrary, it actually enhances the sense of wonder and awe that comes with higher perception. Although everything may be ultimately predetermined, the way in which this time-space array is experienced can have infinite variety. As a soul reaches higher levels of awareness, the degree of appreciation for the Creator’s handiwork increases proportionately.

At any Given Instance of Nonlinear Time, You can have Multiple Dominant Timelines — This is Time in the Wave State

Although there is one cohesive whole in the tapestry of time-space, there are multitudes of ways time-space can be experienced. In essence, planets such as Earth are multidimensional and allow for multiple dominant timelines, one for each density, dimension, plane or sub-plane (as the case may be). We stated earlier that there are two kinds of parallel realities — one based on levels or dimensions, and one based on possible and probable realities. Here, we are talking about multiple dimensions of dominant timelines.

During our discussion of free will and predestiny, we illustrated the three dominant states of consciousness on planet Earth. These three dominant timelines are happening simultaneously and are being experienced by about 99.99% of humanity. They are called, for convenience, third, fourth and fifth dimensional timelines. (A very small number of human beings are experiencing timelines that reside in the sixth and seventh dimensions.)

(Note: We remind you once again that “densities” and “dimensions,” while used interchangeably in many writings, are not exactly the same. “Density” refers to a specific level of vibration of an entity or place, while “dimension” refers to a plane of existence. It is possible to have beings in a particular dimension that are vibrating at a different density — for example, souls vibrating at fourth density that are living in a third dimensional world.)

Human beings currently experiencing the third density dominant timeline feel they are at the effect of forces outside their control. They are the conformists whose wills are trapped in negative core beliefs, programming and conditioning. Even if they resist and rebel, such resistance and rebellion is confined within a narrow range of their belief systems — for example, Democrats rebelling against Republicans or vice versa. There is little or no “original” thought that falls outside the box of society’s norms.

As detailed previously, the fourth density dominant timeline consists of those humans who are consciously creating their “reality” by changing their thoughts and feelings. This is not the ultimate level of reality. It is the proper exercising of the higher mind and creative faculties. It is the true meaning of free will . Although there may be a degree of free will in the fourth density, the will is still subject to various laws and principles that supersede free will , such as gravity, karma and the Law of Attraction.

It probably would be appropriate to talk once again about karma for a moment, since it is a

very misunderstood subject. Karma, as defined by this author, is simply unfinished soul lessons — experiences the soul desires to have that are incomplete (for whatever reason). If a soul does not complete a lesson within a given lifetime, the soul may carry that lesson over into a subsequent lifetime as "past life karma."

Earlier we noted that God does not punish anyone for their transgressions. Yes, there are consequences for breaking universal laws (or rather, for ignoring or rebelling against universal laws). But there is no bearded man sitting on a cloud passing judgment on sinful human beings.

That said, the soul wants to experience both sides of the duality of life on Earth — good and bad, right and wrong, light and dark, etc. If you led a good and righteous life in the past, your soul might want to know what it is like to live a life of debauchery and deceit. More than likely it is the other way around — the darker lessons are learned first and then the lighter ones.

Lessons experienced by souls on Earth correspond to the level or vibrational density of those souls. Since judgment is a lower third density vibration and love a higher fifth density one, souls will typically experience judgment during the earlier stages of their evolution and, once they have evolved to a fifth density state of consciousness, they will seek out experiences of love.

The fifth density souls no longer experience a human will separate from the whole. There is only God's Will happening through them. They are free of the trappings of the ego and see their brothers (and sisters) as themselves. Fifth density humans are able to experience Heaven on Earth because they are no longer bound by the lower laws. For a time, they might still vacillate between the lower personality and the Higher Self, but eventually the Higher Self takes over and lives through the human self completely.

The Physics of Possible and Probable Realities — The Uncertainty Principle

If a tree falls in the forest and nobody hears it, did it really fall? This is a Zen saying that implies everything depends on consciousness. It is true that consciousness must "witness" or observe before there can be a tangible reality. The Uncertainty Principle essentially proves this.

(In the case of the tree falling, the other trees, plants and animals are also witnesses.)

Everything remains in a state of flux, of "random" motion, until consciousness directs itself through thought, belief and action.

You can use an obvious example, that of building a house. The house must first be conceived in the mind of the builder, who then employs a designer; blueprints are drawn up, etc. At some point, the potential energy (idea) is converted into kinetic energy (the actual building process with hammers, nails, etc.) and now the waveform of possibilities, represented perhaps by a vacant lot that could have had any one of millions of possible houses on it, becomes a tangible, real building.

When you direct your consciousness (energy) into creating something, you "collapse" the waveform of possibilities into a particle (manifestation of a unique form).

Exploring Your Past, Present, Future and Parallel Realities

Let us repeat the "master of time" principle: You are capable of expanding your consciousness such that you can go anywhere in the infinite fabric (tapestry) of time-space and perceive what is taking place there. How do you do this?

First of all, you must convince the subconscious mind that you can do it. In actuality, you have been doing this all along but were unaware of it. So you can imagine you are doing this. The subconscious does not know the difference between imagining and acting in the outer world.

This has been proven in the laboratory. The chemical responses in the body are identical when something actually happens and when it is simply imagined.

A related subject involves the idea that if you can conceive of something, then it exists in some part of the time-space fabric.

Let's look more closely at the idea that you can project yourself to any place, at any time, and perceive what is taking place there. This applies to collective realities as well as personal ones. Of course, a collective timeline is one that is being experienced by multiple souls, such as a world war, or famine, or great achievement by humanity.

So what are the possibilities?

1. You can project yourself to anywhere in space, in present time, and perceive what is taking place there.

This is known as "mental projection" or "remote viewing" when it is done mentally. Everyone is capable of doing this. When you send a person love and blessings, you are doing this to some extent. The act of praying for someone is an example of this, although there might be only a casual exchange of energy if the praying person does not really believe the prayers are powerful.

You can project yourself to an individual soul, a collective group of souls or a collective reality on Earth.

Suppose there is a war going on, let's say, in the Middle East, at this moment. You can send healing prayers to that event and affect every soul involved in that conflict (to some degree).

Using your clairvoyant abilities (which all souls have) you can actually see what is taking place on the battlefield (or in the air attacks) and send love and compassion to the soldiers and pilots. In doing so, you are changing the timeline moment by moment.

If a world leader receives your love and compassion, it might influence the decisions he makes regarding the war. The Nonlocality Principle essentially states that we are all One. You are intimately connected to those who seem to be making the decisions regarding war strategies, etc.

Before you begin projecting to others, you might want to do some work on yourself. If you give yourself a healing in present time, you can imagine being a healer hovering above your physical body. In this case, you are mentally projecting into present time, in present space, and viewing life from the perspective of the mental body.

2. You can project yourself into the past and perceive a past self that you were at some point in linear time.

You can simply observe that past self, or you can interact with it and change the timeline for that past self as a result. The original linear timeline (physical details) remains unchanged, since to alter the dominant timeline would violate the free will of other souls who are a part of that dominant timeline. However, you can change the experience of the original timeline. In so doing, you "jump" into an alternate timeline. Earlier, we used the example of a soul that originally experienced abuse during early childhood and nobody came to his rescue. He then performed a healing on his past self, and now every time he thinks about what happened in his childhood, he remembers the healing he received.

3. You can project yourself into the past and perceive a collective event that took place in the original timeline.

An example might be a world war. Once again, you can interact with that event and change your experience of it. You can give a healing to all the souls that were involved in that event, thus creating a new timeline for them. In the new timeline, the souls who received the healing begin to have a different experience of the event. “In 1943, I was on the battlefield and a beautiful angel of light came to me and healed my battle wounds and gave me strength to complete my military mission.”

That “angel” was your present self, going back in time and interacting with the souls who shared the original experience of the war. Of course, in this example, you needed to have the permission of the soldier who had the vision before you could actually appear in front of him and give him a healing. You could not intervene in his reality in this way if it violated his free will or the will of other soldiers fighting along with him.

There are groups of souls who regularly meditate on world history and who give healing to those who took part in traumatic events on the world stage. An example includes the Jewish or Russian holocausts. If large numbers of souls begin sending love into these events (instead of continuing to demonize those who perpetrated them or remain locked in grief), this collective shift in consciousness will create a new timeline where love and compassion are born out of these events. Obviously, this does not condone the actions of those who performed violent acts in the original timeline, but it changes the energy and “activates” a new timeline where healing and forgiveness can take place. Now, every time souls think about these events, they start feeling love and compassion instead of anger and regret.

This would be a good time to bring up the subject of getting the permission of souls before doing a healing. There are many schools of thought on this subject including one that says you must get conscious permission before you can do any healing. The author of this book disagrees. If you are sending love, the love goes where it is needed and applies itself in proper measure for the maximum soul growth, happiness and well-being of the souls receiving it.

Your ego is incapable of understanding what other souls need. It can guess that this one needs a healing and that one does not, but it will likely be wrong. However, if you turn everything over to the Higher Self (the true self that knows how to direct love), then your healing efforts will go exactly where they are needed and in proper measure. If you send healing to someone who does not want it, then the healing will not be effective. You are not violating the free will of the soul by sending him love. God is radiating love continuously to all souls. Each one receiving it can choose whether or not to accept it. It certainly does not violate free will to have God’s Love permeating all of Creation.

An analogy would be radio stations. If you like classical music and there are several hip-hop stations broadcasting in your area, this is not violating your free will . You have a choice whether or not to tune into the hip-hop stations, and even if you do tune in, you have a further choice whether or not to enjoy the music or condemn it. In other words, nobody is forcing you to listen to hip-hop unless you work at an office where it is piped in. In that case, you chose to work at that office and now you can choose whether or not to react angrily to the piped in music.

Returning to the idea that you can “change” world history, there are an infinite number of possible and probable histories. There is one where World War 2 did not happen, another where it was far worse, etc. You are capable of tuning into these many alternate realities and activating them with your consciousness. In the case above, you sent love into the dominant timeline,

thereby creating a new timeline where World War 2 was met with love and compassion. The souls who experienced your love and compassion "jumped" into the new timeline and their past was changed. The original timeline still exists (you cannot violate the Grandfather Paradox), but a new timeline has been created where the victims (and perpetrators) in World War 2 are now experiencing increased love and compassion.

4. You can project yourself into your personal future and change your possible and probable timelines for your individual future.

Earlier we mentioned that there are several processes for changing your possible and probable future timelines. Recall the process of future timeline linking, described again briefly below.

a. You can ask your Higher Self to take you to the highest and best outcome for your future. Simply go into meditation and enter a time machine, piloted by your Higher Self, and ask your Higher Self to take you to the perfect right future for you. Ask to be taken to the optimum timeline (the timeline that is best for your soul growth, happiness and well-being). Usually it is good to choose a time period of three, four or five years in the future, depending on the complexity of the project(s) you wish to create. The time machine will take you to meet your future self, who has already accomplished your project(s).
b. You can choose from among several possible outcomes, especially if your conscious mind is unsure about which path to take. Ask your Higher Self to show you the result of choosing each possible path. You can meet the future self that exists in each possible or probable timeline and then choose which future self you want to reach (by creating a time loop as described earlier).
c. You can specify a very particular future timeline and visualize the details of that timeline. For example, "I am now creating a successful healing practice, with 20 clients per week, each paying $100 per session, and a satisfaction rate above 95%."

You can then use the "Reverse Timeline Healing" technique to "activate" the possible or probable timelines you wish to bring forth into the dominant reality. We will look at activation in greater depth shortly.

5. You can project into a collective future timeline and influence that timeline for the benefit (or detriment) of humanity.

For example, there is a high possibility of a third world war (as of this writing a 55 to 60 percent chance). You can project yourself into a possible timeline where World War 3 does not occur. You can "activate" this future timeline by giving it energy and attention and getting others to also give it energy and attention.

You can project into an undesirable future timeline and give it healing. A future containing World War 3 can be accessed in meditation. You can then give healing to all who are involved in this war. You can enter that possible timeline just before the war begins and start administering healing to all who are involved in the starting of that war.

Are you starting to see the versatility of working with timelines?

Not only can you possibly prevent something negative from precipitating into the dominant timeline, but if it does happen, you can minimize the negative effects.

Obviously, if you have a group of souls all working to heal possible and probable futures, it is a lot more effective than working solo.

6. You can mentally project yourself into the past, present or future of other worlds and dimensions.

You can perform healing on possible and probable timelines from the history of other worlds, such as Mars and Maldek (refer to earlier books for details on what happened in the dominant timelines of those planets).

You can go right now to other worlds and offer healing for any conflicts or problems currently existing on those worlds.

You can visit other worlds and go to their possible and probable futures to work with various scenarios. You can either turn everything over to your Higher Self, or you can find out clairvoyantly or by accessing the Akashic Records what is needed on various worlds or in various dimensions.

For example, you can give a healing to the astral planes of this universe. You can travel in meditation to the beings who are influential in those astral worlds and give them a healing. You can help beings who seem to be trapped in various astral planes to free themselves and go to the light.

There is almost nothing you cannot do when you visit timelines and give them healing.

It is liberating to be free of worry regarding whether or not you are going to violate anyone's free will by doing the above healings. Knowing that your Higher Self is in charge and that you cannot really violate anyone's free will if you stay in a high state of consciousness, you are free to explore different options.

7. You can do meditations that involve going through the tapestry of time-space and performing healings.

In the timeline healing trainings, there are numerous meditations that enable you to perform the above healings. Why is it important to meditate? Can't you simply do these healings right now, without bothering to meditate first?

Yes and no. It is difficult to get the ego out of the way unless you go into a deep state of mind first. The ego is very cunning and clever. It can convince you that something is so when it is not. It is best to learn to enter a theta brain-wave state before doing the above healings. We urge you to practice daily some form of meditation to assist you in performing these healings.

Conclusion

We hope this brief summary of the different ways you can affect the possible and probable timelines individually and collectively has been enlightening. There is obviously even more to this vast topic. Please read on to discover additional approaches to timeline healing.

Chapter 9 — The Basic Psychology of Healing Timelines

Although we have repeated the main concepts of working with these techniques several times in order to give you a clear picture of timeline healing, each time we have emphasized a different aspect of the process. Now we are going to take a more psychotherapeutic angle to more fully explain the potential of these powerful techniques.

Below, we have listed the psychological configurations of working with timelines, beginning with a process we described in the previous chapter:

1. Healing the Early Childhood and Past Lifetimes of the Client

The first technique learned in the timeline healing training courses is to help clients or patients get in touch with their own traumas from birth, early childhood and/or past lifetimes.

You do not need to have all your psychic abilities fully activated to do this healing, but you do need to be intuitive and trust your Higher Self. In the training, students are taught how to intuitively tune in to another person and then perform various healing techniques on that person.

If the client knows exactly what trauma or negative programming he/she wants to work on, then you (the therapist) will proceed to guide the person back to that period in time where the trauma or negative programming began. Typically, you enter the time period just before the event and then move through the event using the specific procedures of the technique.

During a timeline healing session, you have several "characters" involved in the healing. If you are the therapist, then you have your human self that is guiding the client, plus your Higher Self that is guiding you to do the right thing for your client. Then you have the client's human self that is going into meditation and experiencing the process, plus the Higher Self of the client, plus the past self of the client (the early childhood or past lifetime self).

In the training, you are taught how to keep the client detached and in observation mode during the session, rather than immersing the person in his/her past self. The client has a "meditative light body" aspect that is observing the past self and performing the healing (along with the Higher Self).

There are a lot of safety statements and mini-techniques designed to work with the subconscious mind. When you train to become a timeline healer, you are given a script (structure) from which to conduct the session, and you are encouraged to follow it until you are confident in the various stages and sections of the process.

Students in the course are taught how to deal with resistance on the part of the client. Yes, we covered this earlier, but it is important to review. If you are already a therapist using other techniques, this section can greatly assist you at being more effective, regardless of whether or not you decide to incorporate timeline healing into your practice.

Resistance can take many forms, including going unconscious during a guided meditation. Of course, there can be contributing factors when a person goes unconscious while in a deep state of mind, including how much sleep the person has had the night before, what they have eaten in the last few hours, their overall state of health, etc.

Generally speaking, however, if you teach someone how to meditate and remain in a deep state of mind, they will be able to remain awake and aware while at that deep state. The first few

times they go into a theta brain-wave state, they might fall asleep or drift off somewhere, but with repeated practice, they will be able to remain present.

Other forms of resistance might include talking too much, fidgeting and moving around incessantly, or actually creating distractions during the session. The phone rings. “I could have sworn I turned my mobile telephone off before we started the session. This has never happened before. How weird.”

If the client decided on their own to seek your advice as a therapist, it means a major part of this person wants help and healing. If the client was dragged to the session by a spouse, parent, friend or family member, the healing might be more difficult.

Every human soul has an ego. There are no exceptions. The ego may be strong and defensive, or it might be small and flexible. Before you do any healing work, ask your own Higher Self to provide exactly what the client needs for his/her highest and best soul growth, happiness and well- being. Know that from a higher perspective, everything is happening in perfect Divine Order. God’s Will is being fulfilled, in this case through you as the healer, and through your client’s willingness to be healed.

2. Achieving a Balance between Trusting Your Higher Self to do the Work and Taking Action

This author has repeatedly stated in his various workshops and trainings that being a therapist is 90% about simply being present with another human being, and 10% technique. Of course, the conscious mind relies on techniques. If you were to simply sit with a person and seemingly do nothing, most clients would politely (or not so politely) ask for their money back.

Techniques are important, but the quality of consciousness you bring to the healing session is far more important. This author has had many situations where he seemed to do very little mentally or technique-wise and the client still had a wonderful session. Trying too hard to do everything right means you are not trusting the process. Creating an environment of safety and peace with another human soul is the foundation of healing. You learn to trust God to do the perfect healing and this makes it much easier for your client to trust God to do the healing.

However, there must be a balance between trusting God to do whatever is for the highest and best good of all concerned, and simply doing nothing and expecting things to magically happen.

There are many references in spiritual literature regarding this balance point. “God helps them who help themselves,” “Whenever two or more are gathered,” “Take the first step and God will do the rest,” are examples. Before you turn everything over to God, there are a few things you need to do. First, you must truly trust that God is within you, expressing through you, as you, and is also within your client doing the same. Second, you must create the proper environment for healing to occur. This is the reason for the safe and comfortable space. Third, the conscious mind needs something to do. Taking the client back to a trauma gives the mind an opportunity to observe the trauma and learn from it (without re- experiencing it).

Most of the actual techniques involved with timeline healing are simply to create safety and willingness on the part of the conscious and subconscious mind of the client. Guided visualization is important because it gives the client an opportunity to participate in his/her own healing process.

Another important part of working with a client is resisting the temptation to “fix” the person. You are not there to fix anything or make anything happen. This is a difficult concept for the ego to comprehend. The actual healing occurs when the client is able to love and accept the self that

experienced the trauma or negative programming. You are allowing healing to happen by being a "witness" to the sending of love and acceptance to parts of the client that feel guilty, resentful, remorseful, etc.

There are energetic techniques given during the process that actually change the configuration (energy matrix) of the soul receiving the healing. But there must be no investment in how well the process works. Your success as a therapist does not depend on some outer "markers" that determine how well the healing has progressed. First, you probably don't know if the healing has truly been effective or not. Symptoms might disappear, only to re-appear a short time later. A surface condition might be healed, only to reveal something deeper that requires more work.

This detailed discussion of how to be a healer is certainly not confined to timeline healing. It is applicable in any therapy situation. The main thing is to notice any resistance on your part as a therapist. That means asking yourself, "Am I attached to a particular outcome? Does my own well-being depend on healing this person? Am I holding myself to too high a standard?"

During the basic timeline healing training, you will trade off being a client and a therapist. You will receive sessions from other students in the course, or perhaps you will be a client with a trained professional first before you take the course.

Many students want to work on themselves solo before they have fully learned the process. We recommend against this because there are many aspects to resistance and the subconscious that are best learned about in the presence of someone who is experienced in dealing with these things.

3. Self Timeline Healing (Healing Your Own Early Childhood and Past Lifetimes)

Of course, you can do light versions of this healing technique on your own by simply sending love and compassion into your past. Begin by remembering the difficult periods in this lifetime.

If you are an experienced meditator and also have a great deal of visualization skills and clairvoyant abilities developed, you can bring yourself into a theta brain-wave state on your own and perceive, with relative accuracy, traumas from early childhood or past lifetimes.

It is recommended that you go through the basic timeline healing training before you begin working with yourself alone. When you are ready for self-healing, follow the advice given below.

The safest and most effective way to do timeline healing on yourself is to simply send love to everyone and everything you see when you probe into your past. Start with early childhood. If you can recall clearly a traumatic event, visualize your little child self in front of you. Perhaps you remember exactly what you looked like, or have photographs from that time period. Or, you can clairvoyantly see your little child self by observing from outside the body.

We recommend against imagining your childhood from the perspective of the child. The whole point of this healing method is to observe, from outside the perspective of the ego, what is taking place and to send love and healing.

You are not to re-experience or re-live the original trauma. This is not about imagining you are the little self, immersed in a negative event. You are going back in time as an impartial observer to see what actually happened, from an emotional and mental point of view, as well as physical.

In addition, this form of healing also addresses the subtle bodies (astral, etheric and causal). When you do the complete process, you are giving healing to your subtle bodies as well as the more obvious levels. If you have not been through the beginning and more advanced timeline healing trainings, then we suggest you simply imagine viewing your life from outside of

yourself, and sending God's loving light to the little child self (or past lifetime self) that you are viewing. If you are a graduate, then we suggest applying the various healing techniques you received in the training.

If you start to get very emotional or feel uncomfortable while meditating, it means you are getting caught up in the drama and you need to detach or come out of meditation. A little bit of emotion is fine. When you are releasing something, there might be a few tears, etc. But if you start shaking, trembling, perspiring, etc., you have gotten drawn in to the drama and you need to stop and detach.

Another thing you can do on your own is send forgiveness to everyone who "hurt" you or seemed to cause you pain during the traumatic events of your past. You are pouring Divine Love into your little child (or past lifetime) self and also sending Divine Love to any perpetrators or authorities that may have been involved in the negative programming of that self.

Remember, the key to all healing is learning to love yourself (and others). Realize that no matter how many things you may have done "wrong" in your childhood, your little child self deserves to be loved and respected. You have the opportunity to give love and respect to your little child self no matter what he or she has done. Forgiving yourself is the fastest way to healing when you are working solo.

4. Third-Party Healing

The Issue of Permission and Free Will Revisited

Once you have become proficient at working with your client's past selves to heal traumas from early childhood and past lifetimes, it makes sense to apply this technique to others who are not physically present. In the above sections, we examined the process of giving a healing to groups of souls in various timelines. Now we will go into further depth regarding healing individuals that are not present physically.

Free will essentially states that souls have a choice whether or not to allow healing in to their auras, chakras and physical bodies. While you might have a system in place for asking permission of others before attempting to send them healing energy, this is not necessary, since the energy of Divine Love goes exactly where it is needed regardless of the conscious perceptions of the ones sending or receiving the healing.

Much of the method and process of specific healing techniques is for the conscious mind to have something to try and understand. It is not necessary to learn the precise way Divine Love works in healing a person. You do not need to know the mechanics of a car in order to drive one, although it might be helpful if something goes wrong.

The author and his spirit guides are here to inspire you to become a master of time and space. In essence, you already are a master in this regard, but of course you have forgotten who you really are and so time- space seems to be a mystery to you. The mind operates on a "how to" basis and so we are giving "how tos" to satisfy the mind.

That said, let us explore the various ways healing can be accomplished for third parties, using the techniques for manipulating timelines. In the cases given below, "third parties" generally refers to the family, friends and associates of a client or student, but it can also refer to non-present affiliates of the healer, his family, or those of the clients of the healer who are not physically present.

The actual process of third-party healing is covered in the advanced segment of the timeline healing training. By the time this book goes to print, there may be three levels to the training,

beginning, intermediate and advanced. Stay tuned for more information on this evolving process.

5. Healing your own family and friends in this lifetime

a. Souls who are alive now

One of the simplest and most obvious applications for timeline healing is to work on those who are in your life daily. If you have a good, open and honest relationship with them, and they understand basic psychology and metaphysical principles, you can explain in complete detail what you are doing and get them to participate actively in the process.

If your family members and friends are very busy (as most people are), you can simply inform them that you will be using these techniques on them during your meditation time. Of course, if someone specifically requests that you refrain from sending healing, then by all means, refrain. But remember that the ego may object to something while the soul really wants it. Learn to recognize when the souls closest to you are simply in resistance and when they truly do not want to receive a healing.

Assuming they really do want a healing and you have informed them that you will be sending them healing energy, in your meditation visualize them sitting or standing in front of you. One at a time, ask your Higher Self to show you what needs to be healed. What you are shown may or may not be in agreement with what your ego thinks should be healed.

Ask your Higher Self to reveal to you the origination point of a particular trauma or negative program so you can go back in time and work on that trauma.

For example, suppose your mother received a severe beating from her father at the age of six. (She may have already told you this, or you might be informed that this happened by your Higher Self. It does not really matter how you came upon the information. Actually, it does not even matter whether or not the information is entirely accurate. What matters are the thoughts, feelings, beliefs and attitudes that arose as a result of the trauma or negative programming.)

It is, perhaps, most difficult to resist the temptation to “fix” those who are closest to you (family and friends). Nevertheless, try to put aside your preconceived ideas about what they need and trust your own Higher Self to give them exactly what they require for their highest and best soul growth, happiness and well-being.

b. Souls who have passed on

It matters not whether a soul receiving a healing is alive in a human body, or has passed on. In some ways it is easier to do a healing on a disembodied soul, since the ego is usually not as strong.

(Note: There is some debate about what happens to the ego at death. A part of the ego does dissipate since the consciousness is no longer identified with the physical body. However, another part of the self, including the karmic aspect, carries on and brings what it has learned from that lifetime into future lifetimes. Many souls become trapped in the astral planes after the death of the physical body, especially if they had a lot of unresolved negativity at the time of death. The healing you give them might be exactly what they need to free themselves and move up into the etheric planes in preparation for reincarnation.)

If you are tuning into a soul who has departed the Earth plane, it is possible the soul may have

already reincarnated, especially if the death occurred more than five years ago.

Remember to ask your Higher Self to help you tune into the disembodied person. If you are unable to get accurate information as to the state of consciousness of the disembodied soul, then use generic healing methods on that soul. Simply send Divine Love, and visualize that soul ascending into higher dimensions. If necessary, forgive and release that soul into the light.

Oftentimes, when giving healing to a family member or friend that has passed on, you are doing this more for yourself than for that person. They may be receiving a lot of help from their spirit guides and karmic guardians. They might even be already free from most of the trauma they experienced in their recent lifetime. It could be you that needs a lot of healing, especially if you are having trouble letting go of that person. When you release that person into the light and use forgiveness, your healing becomes a part of the new relationship you have with that soul who is now in spirit.

You can give a present-time healing to a soul who has passed on, or you can remember that soul as he or she was when still alive and then go back into the past of that soul before departure from the recent life. You can go to a part of the recently experienced lifetime and heal the trauma that occurred. If you clear a layer of negative programming in that soul's past, this will have an effect on the present energy state of the soul regardless of whether or not the soul has a new physical body. It is not your concern exactly what that effect is. You are simply a conduit for healing to happen.

Example: Your aunt passed away 14 years ago. She had a very unhappy life. Her childhood was fill ed with trauma. You tune into her in her disembodied state and discover that she has already reincarnated into a different body and is living in another part of the world. Nevertheless, you go back to her childhood in the previous lifetime and give her a healing for the traumas that took place there. This healing directly or indirectly affects her present lifetime. Most likely her present human self has no knowledge of the healing taking place and probably does not remember the past lifetime. Simply know that the healing energy is going exactly where it is most needed.

6. Additional Information regarding Third-Party Healing

We described this form of healing earlier. Now let us examine it in more depth.

Unless you are highly experienced in timeline healing, you will probably not be working directly with other people without their knowledge. More likely, you will be working with clients and they will request healings for their friends and family members. (Note: Technically, when you work by yourself with souls at a distance, without their knowledge, this is "Second-Party Timeline Healing." Third-Party Timeline Healing refers to the people for whom your client requests healing.)

At first glance, this process of third-party healing seems a bit complex. This is because you are working with many aspects of yourself and the other person. In the following analysis we are assuming you are the therapist and have a client who is requesting healing for a family member or friend. Here are the aspects involved:

— You as a therapist have your human self and your Higher Self;

— You have the human self and Higher Self of the client;

— You have the present-time human self, Higher Self and past self (early childhood or past lifetime self) of the third party.

The client may or may not have informed the third party that he or she is about to receive a healing. The third party may or may not be aware that he or she is receiving a healing. Ultimately

it does not matter whether the third party is aware or not. Sometimes it is better if they are not aware, while other times it is better if they are. Remember that nothing you or the client does will have any effect on the third party if he or she does not want healing.

If a client comes to you and says, “I want you to help my mother-in-law. She is a judgmental bitch and doesn’t deserve to be alive, but I’m a good Christian and I want you to give her a healing,” then obviously there is a lot of resistance to the healing on the part of the client and it may have limited results especially if the third party is in fact judgmental.

In this example, it might be the client who has the biggest problem (not being able to forgive the mother-in-law). When you tune into the mother-in-law, you might get a distinct feeling as to whether or not she is open and receptive to healing. If she is not open, you might decline the healing request since the client is clearly blocking the healing with her judgment of the mother-in-law. In other words, if both the client and third party have a lot of resistance to the healing, then it will be difficult to get results for either one. Consult your Higher Self as to whether or not to proceed.

In a third-party healing, you are going back into the person’s past (regardless of how much you know about him/her intellectually) and giving a healing before, during and after traumatic events. Sometimes the client will tell you about the soul’s specific traumas, but other times you are pretty much on your own (depending on your clairvoyant abilities) to show you what needs healing.

You can ask your Higher Self to help with the specifics of the case. Let’s say that your client wants the mother-in-law’s judgment healed. You might ask the Higher Self to take you back into the mother-in-law’s childhood to specific events where she received judgment from her mother (or another person). If you can, you might attempt to telepath with the little child of the mother-in-law and get her to see that who she is cannot be soiled or compromised — only the ego can be hurt. At the very least, you are sending love and acceptance into a space originally fill ed with the judgment of the mother-in-law’s parents (or whoever is doing the judging).

How do you know if the healing is truly happening? You probably don’t. At least not right away. A week later your client may be coming for her weekly session and might report that she is getting along better with the mother-in-law. However, do not have high expectations for the healing of the third-party.

Love goes where it is needed. The love you sent to the mother-in-law was not wasted. If the mother-in-law was unable to accept it due to heavy layers of self-judgment, then it will go where it can be utilized. Where that is, is not your concern. This is where faith and trust come in.

7. Healing Groups of People in Present Time (collective third-party healing of people on planet Earth)

As we go through the practical applications of the ideas presented in this book, one thing will begin to become clear — it ultimately matters not whether you do healing in present time to present people, or go through time to offer healing.

This reasoning flies in the face of what most people call common sense logic. But so does the idea that changing a particle in the present can affect that particle in the past — and this very situation has been shown to be the case in a laboratory.

Healing is healing — and due to the Nonlocality Principle, can be performed across both time and space. There are many far-reaching implications of this idea. One is that right now the people of Earth may be getting massive amounts of healing from their future selves in a future

Earth. It is possible the dominant timeline has shifted several times over the past few decades — in both positive and negative directions depending on the state of consciousness of those who have learned to traverse time and space.

Again, such influence from the future cannot violate the Grandfather Paradox and ultimately cannot violate free will . Nevertheless, new timelines are being created every day and we have the ability to "jump" into the more desirable of these.

Let's talk about groups giving real-time healing to present-time large segments of human beings on Earth, or even the Earth herself. This is not a new topic. The Transcendental Meditation people have documented for a long time the effects of group meditation on the state of the world.

When groups of enlightened souls come together and focus their attention on a desired outcome — in this case peace for the planet — this consciousness radiates out from the center of the group into the possible and probable realities on Earth.

Obviously, analysis of group consciousness is very complex, since there might be 500 groups praying for peace and 500 groups marching toward war.

It is overly simplistic to say that what we see in the world is the composite consciousness of the individual human beings living on Earth. Yes, much of life is a reflection of consciousness — perhaps all of it if you use a broad definition for consciousness — but you have a lot of variables. Some of the variables include: (a) the level of vibration of those seeking to bring a desired outcome to the Earth; (b) the amount of opposing energies or thought forms present on or around the Earth; (c) the level of karma, group and individual, being played out by humanity; (d) the quantity and quality of the meditations or group intentions — this is related to (a) above, but also includes the actual number of meditators, how often they meet, where they meet, etc.; (e) the age or era in which the Earth resides — i.e., the nature of the Earth's karma at a given point in time; and (f) the effect of plants, animals, extraterrestrials and other living species on the consciousness of humanity. Let us explain these points:

a. The effect of vibratory level on a soul's ability to influence the dominant timeline on Earth

It is well known that the higher your overall vibration, the more power you are able to manifest in your life. We are talking about true power — the ability to influence and make things happen based upon your utilization of the only true power there is, Divine Power — not the false "power" that the elite (Illuminati) and so-called "dark forces" seem to have.

We repeat that a soul with real power feels no need to dominate, exploit, manipulate, enslave, control or oppress others. Such behavior comes from a deep-seated belief in powerlessness and the awfully uncomfortable feelings generated by that belief. Because the so-called elite cannot tolerate their feelings of powerlessness, they attempt to surround themselves with the illusion of power. They believe forcing others to do their will , demeaning and belittling the less wealthy (the "little people" or "useless eaters") and puffing out their chest, figuratively, through massive arms build-ups, bloated military budgets, etc., will somehow grant them power. In reality, such behavior brings about the opposite result (although the elite might be able to hold onto their illusion for a while if they can amass enough believers in their system of control and manipulation.)

When souls raise their level of vibration (expand their awareness or consciousness), they can direct more Divine Power through their chakras and energy centers, and hence, by definition they have more power than those who have not learned how to channel Divine energy. What is the formula for determining level of personal power?

Obviously, it would be quite complicated if such a formula could be generated. However, we will use a hypothetical example employing arbitrary values. It could be that a soul vibrating at level three consciousness has one unit of power, while a soul at level four might have six units, a soul at level five, 130 units, and a soul at level six, 5,400 units. It's something like that, utilizing a logarithmic type of scale.

If these were actual numbers, then 100 people vibrating at level six could generate as much power as 540,000 people vibrating at level three.

This is all a bit theoretical. What does it mean for you, the reader? What should be your priorities? They are twofold: (1) to raise your own vibration as much as possible; and (2) to hold a clear vision of what you want to create on Earth. If you can come together with groups of like-minded, high-vibrational souls, you have a lot of power available to create things differently on Earth.

b. The amount of opposing energies on or around the Earth

The ability to influence the dominant timeline is heavily dependent on the level of resistance and outright opposition to change resident within the minds of human souls. There are many manifestations of this resistance, including a phrase made popular by the rock group Pink Floyd, "Comfortably Numb." The physical body, ego, conscious and subconscious minds, comprise a good portion of what we would term the "lower self." This ego self likes little or no change, with predictable outcomes and routine.

Even when trying to escape boredom (brought on by ignoring one's higher qualities, purpose and mission in life), the ego and its related parts will resort to routine methods of escape, such as Friday night drinking and Sunday afternoon socializing with the same dysfunctional people, week after week, etc.

Add to this the religious indoctrination of the masses and the plethora of "isms" that dominate the collective beliefs of humanity, and it is a wonder that anything changes at all. (Capitalism, communism, socialism, consumerism, atheism, dogmatism, etc., are all collective belief systems that dominate the consciousness of 99% of humanity.)

If your intention is to change the dominant timeline, you need to fully understand the dynamics of becoming attached to a belief system or ideology. You could say that 99.9% of all human beings are living inside a box of limiting beliefs. Many have convinced themselves they have broken out of their box, but in reality they have simply redecorated, expanded, remodeled or changed the motif.

Some belief systems are more expanded than others. However, unless you have had a direct, energetic experience of something, it remains in the realm of belief, including the belief in God.

It may be necessary to reprogram the various levels of the self through meditation, affirmation, visualization, etc. But this is not enough. Believing you are a powerful,

creative, spiritual being is a good way of adding new floors to your box, expanding the space, adding beauty and refinement, etc. But as long as you are attached to the mind, you are still in a box.

When you propose to make changes to the collective timelines, it is often necessary to find groups of souls who have a similar level of consciousness. If you are one of the rare souls that have completely liberated yourself from box mentality, it is unlikely you will find very many others who have done the same.

For example, suppose you want to end a war in some part of the world. You realize that war begins within and is a product of inner conflict between parts of the self. Yet very few other people realize this and so you might begin by contacting widows of husbands who were killed in previous wars, or young people who were not indoctrinated into believing that war is necessary.

If these people still have inner conflict (and they probably do), the results will be limited, but it is a good starting place. The Nonlocality Principle states that you are all One and you are all influencing each other. However, your experience of Oneness is heavily dependent on your ability to transcend the belief in separation.

If you have done enough work on yourself, you may be able to resist the temptation to get drawn into the dramas and traumas of a group of peacemakers. Your transcendental consciousness might be strong enough to affect a large number of people in your group. Your presence alone might be enough to start a transformation in consciousness for the group and also the world.

To do healing in present time on a collective scale, you use the same basic methods as you would use when doing healing through different time periods. True healing happens when there is complete love and acceptance being directed to those parts of the individual and collective selves of the group receiving the healing. That includes each member of the group that has experienced trauma and negative programming.

Let’s use an example that is not politically correct, but needs to be addressed. Suppose your grandfather was killed in one of the holocausts (Jewish, Russian, etc.). You have spent a lot of time and energy dwelling on the holocaust, supporting reparation efforts, educating people about how awful the holocaust was, etc. Your political and economic decisions have been heavily influenced by your views regarding the holocaust.

However, without taking reincarnation into account, the trauma of the holocaust took place over three generations ago. Many young people today have no direct experience of these events. In short, they were not involved and have no comprehension of what happened, other than what they have been taught in school or by grandparents, the media, etc.

If you want to bring about a peaceful Earth, and you harbor unresolved feelings about the holocaust, these feelings and the associated belief systems around them will hinder your ability to work for peace. Yes, you must forgive everyone involved in the holocaust. Learn from the dynamics of what happened and then let it go.

This author has many Jewish friends and desires peace for all Jewish people, but he has freed his mind from the collective belief systems of those still blinded by what happened around 75 years ago. Therefore, he does not support apartheid governments (such as a small country near Palestine) that use the holocaust as an excuse to murder,

rape, torture and suppress other racial and ethnic groups. He sees that attachment to belief systems, regardless of whether or not they are relevant today, creates a polarization that is contributing to war.

Another example is the recent polarizing of Democrats and Republicans in the USA. Those who were brought up in the Democratic party, for example, might blindly believe that their candidate is always better than the Republican counterpart. But what if that is not the case? What if the Democratic option is worse from the point of view of peace? Can the life-long Democrat break out of his self-induced stupor and see this fact?

According to many sources, in the 2016 election, if the Democrat had won, the chances of world war would have been considerably higher than with the Republican candidate. Yet how many Democrats were able to see this?

This is not to say that the Republican candidate was much better. As long as the collective consciousness is unhealed, you will continue choosing between the "lesser of two evils" in a two-party system. Those who seem to be leading us are a mirror reflection of our composite consciousness. If we get a tyrant, dictator or corrupt leader, it is because we have these attributes within our collective consciousness. As you learn to break out of your polarized thinking, you will no longer contribute to the continuous corruption that characterizes politics in almost every country on Earth.

It is not our intention to engage in a politically charged discussion, but it is important to point out that polarizing oneself contributes to war, conflict, misery, suffering and all manner of negativity. This does not mean you should not take action, but if you do, take it out of love and not out of revenge. There is no such thing as "fighting for peace." If you glorify one group of people and make the others wrong, you are perpetuating the separation. It is amazing that there are organizations on the Earth right now that are making white people wrong, blaming them for the problems on Earth. They have obviously not studied history, at least not the real history of Earth. Perhaps they have been brainwashed into believing what their overlords want them to believe.

The problems on Earth are not racial, ethnic or even religious. They are all due to the belief in separation and the myriad of forms this belief takes. We suggest you make a commitment to eliminating "isms" from your mind. Learn to recognize the difference between believing in something and knowing it. Belief systems are the mind's way of coping when it does not know something. They might be necessary at a certain point in one's development, but they become a burden to one who desires to awaken to truth.

There is no separation. This has been proven scientifically. We seek to show that this lack of separation applies to time as well as space. All time and all space are intimately connected. The past and future are now. Distant galaxies are here. All of humanity is One. We are not separate from the terrorists or the saints. We have elements of each inside of us. It is time to stop believing we are special, or better, than some other culture or race.

Please forgive the brief sermon, but we felt it was necessary to go back to basics for a moment if you are serious about changing the dominant timeline on Earth. To be a peacemaker requires that you have peace within, so your first priority is to resolve your inner conflicts. Know that all inner conflicts arise from the belief in separation and are reinforced by the traumas of your present and past lifetimes. Forgive the Germans, Jews, Muslims, Russians, Bolsheviks, Democrats, Republicans, and all other groups

who have been a slave to their belief systems. Most of all, forgive yourself for falling into these boxes and believing the door that leads out of the box was locked.

Liberate yourself from the mind and be the peacemaker you already are. End of sermon.

c. The level of karma being played out by humanity on the stage of life

Another factor involved in the healing of the dominant timeline of humanity involves what most religious and spiritual people call “karma.” From this author’s perspective, karma is simply unfinished soul lessons. For example, if you come into this life wanting to learn about unconditional love, but you get caught up in a codependent relationship and stay in that relationship your entire lifetime, you might die and then evaluate your lifetime, deciding that you did not learn the lesson you came here for. So, in the next lifetime, you will choose the conditions and circumstances that will best serve you in completing the lesson of unconditional love.

Since life on Earth is a combination of free will and predestiny, some of what you experience during a given lifetime will be preordained and some will be unpredictable due to free will .

Individual souls are working through their personal karma on Earth, but so are nations and ethnic groups. If you join a particular group, you take on some of the karma of that group. It is important to recognize this if you want to be effective in bringing about change.

For example, if a group of souls seems to constantly create suffering in their lives, it is important to find out why. What is the collective soul lesson? Are they learning it or are they stuck in collective belief systems?

This is not about appearance or even physical circumstances. If you were born into a specific culture and your skin is a particular color, this does not automatically condemn you to be enslaved into the collective belief systems of that group. Remember that third density is the realm of conformity, fourth density the domain of individuality, and fifth density a place of true unity.

You start by raising your consciousness above your ethnic or racial group into the realm of individuality, then progress further into the realization that we are all One.

Karma is erased through forgiveness. When the “victims” of the holocaust can finally forgive those they perceive to be the aggressors in those conflicts (knowing that most of the original victims and perpetrators have long since died anyway), then the karma is healed. In fact, souls usually want to experience both sides of a duality. Therefore, many of the perpetrators in World War 2 might come back as the victims in a later conflict. In some cases, it might work the other way. Those who were victims in World War 2 might end up being the aggressors in a more current conflict. It is not up to the human self to judge who has karma and who does not. Once a soul has learned everything it desires to learn about a certain feature of life on Earth, he or she is free to move on and learn something different.

The Old Testament concept of “tit for tat” or “eye for an eye” is simply a way to

keep playing out karma lifetime after lifetime without ever accomplishing anything except to accrue more suffering. Attack, victim, revenge, attack, victim, revenge. On and on it goes, until such souls finally get tired of repeating the game.

Isn't it time to put this to rest? How much more suffering is needed? In fact, is suffering ever needed? Pain is inevitable, but suffering is optional, say the Buddhists. Pain is resistance to life. We all have some resistance or we would not be able to live in human bodies on Earth. Without resistance, an infinite amount of life force energy would move through our bodies, burning them out.

Suffering is resistance to pain. By accepting the pain of life, you end the resistance to pain that causes suffering. Love and accept the part of you that experiences pain. Remember that victims and perpetrators are actors on the stage of life and that many of them trade places during different lifetimes. If you are the victim in this lifetime, perhaps you were the perpetrator in a previous lifetime. Accept this and forgive. Why continue to prolong the suffering by being attached to your role?

It might take time to extricate yourself completely from a deeply- held position in life, but now is the time to start. Begin by forgiving yourself for becoming attached to your belief systems. Start letting go a little bit each day. Be willing to see both sides of the issue. A lot of Democrats feel oppressed by wealthy Republicans who value business profits more than human lives. Many Republicans are angry that they struggle to pay their bills while immigrants and welfare recipients get free health care.

The truth is sometimes a bit complex. Some wealthy Republicans are doing a lot of good in the world and their companies truly care about people. Some welfare recipients really need assistance and it is the best thing for them at this time in their lives. Recognize that these issues are a blend of different states of consciousness being played out on the screen of life.

Many wealthy Republicans, for example, are recipients of "corporate welfare," being heavily subsidized by the state. Perhaps they feel guilty about this on some level and that is why they are so horribly offended by poor people receiving welfare.

Look for the mirror that life shows you. This mirror lets you know where you need healing. If you emotionally react to a group of people, there is a reason. Maybe you were raped and murdered by a group of black people in a past lifetime and that is why you feel nervous around black people in this lifetime.

Once you let go of the obviously racial biases you grew up with, then you begin examining your past lifetimes and deeper conditioning that may go back thousands of years.

If you want to influence the dominant timeline, release yourself from all karma. Live a karma-free existence. This means you must resolve issues as quickly as possible when they come up. Do not hold resentments or regrets. Communicate clearly and immediately when something bothers you. Do not sit on your feelings. Remember, karma is unfinished business. Complete your business dealings. Repay your loans when you can. If an agreement does not involve an equitable exchange, do your best to renegotiate it. At the very least, remove all emotional charge from your personal and professional agreements and contracts. If someone sues you in a court of law, forgive that person, even if you must hire an attorney and fight the charges.

Be aware that pardon is not the same thing as forgiveness. You might tell the person

that borrowed money from you that they do not have to pay you back (pardon), but if you still feel angry about it, you have not forgiven.

Recognize that ultimately nothing anyone has ever done to you matters at all. It is just a drama. You are all wearing masks on the stage of life. Learn how to take off your mask and recognize the truth behind the masquerade.

We will have more to say on this subject in the final chapter when we go beyond time and space.

d. The quality and quantity of meditations focused on the desired outcome for the group

In addition to the level of vibration of meditators and healers, the degree of opposition from the world's negative energies and the amount of karma present in the collective consciousness of those involved, we must also take into account the quality and quantity of meditations, healings and concentrated focus sessions regarding the desired outcome.

It is not enough to simply have higher-vibrational meditators and healers — they must be employed and directed in a high-quality manner and this directing of energy must be repeated many times in order to reprogram the negative energy surrounding the problems in the dominant timeline. (Of course, here we are assuming an example such as bringing peace to a war-torn region of the Earth.)

As we have seen, people are deeply entrenched in their worldview, habits and lifestyles. Constant exposure to new ways of thinking and feeling through high-quality meditations and visualizations can make a huge difference, more so than an occasional world peace meditation circle, or a casual visualization practice in-between dropping off the kids for soccer practice and picking them back up. While such activities may be better than doing nothing at all, a dedicated, focused group that meets regularly is going to be far more effective.

One of the most well-known tenets of the spiritual path is that it takes dedication and persistence. You cannot expect to live a powerful, creative, spiritually enlightened life simply by going to one weekend seminar, or reading a couple of self-help books. It took this author about 20 years of personal and spiritual growth processes and techniques before his understanding expanded beyond enlightened thinking to an actual energetic experience of higher dimensions. Now he has been on his conscious spiritual path for over 40 years and still, he must deal with the issues of the little human self. Most of the time, the ego and spirit work together in his life.

You must see the ego for what it is — a pure fabrication of the mind, a belief system wherein a tiny part of the self erroneously believes it is the powerful creator of everything. The ego rarely dominates this author's consciousness, but as long as any human being is in a body on Earth, it is possible to fall back into ego. You must be vigilant and constantly aware of the subtle and cunning ways the ego can seem to take control of the spirit.

The paradox of creation is lost on the ego. In truth God is within the ego since God is in everything. It is the perception of the ego as a separate self that is completely erroneous. There is no separate self. There is only God expressing through each human

soul in a unique way.

The purpose of this section is to remind the reader that repetition, persistence and dedication are absolutely required not only on the spiritual path, but on any path of healing. If you want to bring peace to the Earth, you must regularly meet with like-minded souls and work through your resistance and core negative beliefs sufficiently to manifest the powerful Self that you are, when you are alone and when you are together with your group.

e. The influence of the age or era in which the Earth resides

This includes cosmic influences, Divine Dispensations, astrological configurations, intervention by extraterrestrial groups, as well as the effects of mass technology, such as the internet and social media.

If you want to influence large numbers of humans on Earth, up until recently it was very difficult. Now, all you need do is press a few keys on your computer keyboard or smart phone (after downloading the proper software) and messages can be sent out to thousands of people around the world.

Every day a video goes "viral," meaning millions of people view it. This is not that difficult to comprehend. If someone has a subscriber list of 500 souls (a realistic number in this day and age) and sends something out online, if only one percent of the recipients pass it on, that's five people sharing it with their family, friends and social contacts. If the average person has 500 unique contacts, that's 2,500 people. Again, if one percent of that number (25) continues this process, it does not take long for the video to go viral.

Knowledge of marketing and promotion is, of course, a big plus (or minus as the case may be). Have you ever wondered how certain videos (films, documentaries, music concerts, new songs, etc.) reach hundreds of millions of people, while others may have only a few hundred "hits?" It's certainly about more than talent or recording quality.

Having knowledge of technology and social skills makes a big difference when it comes to getting the attention of people. As they say in show business, it's who you know that counts.

In this book, we are not suggesting that knowledge of marketing and advertising is going to guarantee you success, but it certainly does help in getting your message out to the world.

Asking for help from those who are professionals is wise. Study those who are already successful in a field similar to the one you are pursuing.

A Course in Miracles states that it takes only one enlightened being to change the world. Carefully observe the beings you know that have changed the world. If they have passed on, contact their relatives and friends. Read their biographies. Find out what worked and what didn't work. Do your research.

This is a unique time in human history where, due to telecommunications, information can travel around the world in a heartbeat. It used to be that if there was a

war in one part of the world, it might take months for it to become common knowledge in areas remote from the conflict. Now, if a war breaks out, most of the planet knows it within the space of a few hours.

Use this nearly instant communication ability to your advantage. Get to know technology — do not become ruled by it or overly dependent on it, but use it as a tool for spreading your influence.

Almost every soul on Earth has influenced the dominant timeline much more than he or she realizes. Remember the movie, "*It's a Wonderful Life*," shown every Christmas in the west. The world would be vastly different without you in it. You do make a significant contribution, probably much more than you think.

In addition to the effects of technology and global communication, there are cosmic cycles and Divine Dispensations that affect your ability to influence the dominant timeline. We live in a time that religion calls "Apocalypse." This word literally means, "An age of revelation." In other words, all is being revealed — the good, the bad and the ugly. It's the prevalent energy of this time and it's due to the fact that the vibration of Earth is increasing, along with the average level of consciousness on planet Earth.

The information about Dispensations is given in great detail in earlier books, so we will be brief here. The age we are living in is acting as a catalyst for major change to occur in the dominant timeline on Earth. While higher spiritual laws are eternal and cannot be changed by free will , this current time period we are in gives us an opportunity to align with higher truths more easily, since the veils are slowly being lifted from the Earth.

The global awakening is a painful process for most of humanity. You have heard the expression, "Ignorance is bliss." This will no longer be true in a few more years, as it will become increasingly difficult to ignore the massive shift that is underway.

To review information given in earlier publications, one of the areas that will undergo cataclysmic change is the economic system on planet Earth. You might be aware that the present system is in almost exact opposition to higher spiritual principles. Take any spiritual idea about economics, turn it around 180 degrees, and you likely have something that fits the present economic model on Earth.

In the higher realms, there is infinite abundance, free energy, unconditional love and compassion for all life forms. The economic structure on Earth is based on scarcity, profit, tax, control, manipulation, and dependence on ever-increasing consumption of natural resources. It is a direct outcome of allowing the ego to replace God on the throne of worship.

The effect of the Apocalypse is to magnify everything and expose what has been hidden in the subconscious minds of the collective will of the people (and their self-appointed overlords). If you want to see the results of the belief in separation from God, simply look at the world. Three-fourths of all human beings have a fear-based reality. This is why the dominant timeline has been ruled by fear for thousands of years. Fear keeps people locked in self-defeating belief systems, behaviors and lifestyles.

What about the belief in scarcity? There has always been nearly unlimited energy in the vacuum of "empty" space. Yet wars are fought over limited resources. It is completely unnecessary to mine fossil fuels and nonrenewable resources.

How can any intelligent being allow poisons to be added to food and water? How can they choose between two self-serving candidates for president and then actually think that voting will make a difference? This is like going to a movie and running up to the front of the theater and trying to re-arrange the characters on the screen if you don't like what is happening.

Every legitimate teacher throughout history has stated that if you want to change the world, you have to start by changing your consciousness. The times we are living in present a perfect opportunity for doing this. All the grotesque and ugly things we have created in our consciousness are being played out on the world stage, in living Technicolor, streamed live on YouTube and Facebook, broadcast 24-7 on a network near you.

If you want to change the dominant timeline, begin with your thoughts, feelings, attitudes, beliefs, programming and conditioning. Send unconditional love to every part of your being that has fallen into the illusions of materiality, the belief in the haves and have-nots, the insane idea that consuming or collecting more and more things will somehow bring you salvation, etc. See consumerism for the disease that it is. Enjoy the fruits of higher technology, use the tools of telecommunication, but do not fall into the trap of thinking these things will somehow "save" you.

Take advantage of the times you are living in to focus your intention on world peace and enlightenment. There has never been a better time to wake up to the truth of who you are. You are a master of time and space. This book is here to help you remember that.

f. The influence of plants, animals, astral/etheric beings and extraterrestrials on the dominant timeline of earth

At first glance, you might not think that life forms in these categories would have much to do with the dominant timeline, but you would be wrong. Earlier, we mentioned the Zen query about the tree falling in the forest. True, it still falls if humans are not there to witness it, because there are many other life forms that are there to witness it — in fact, consciousness itself is the witness.

The Earth herself is a major factor in the manifestation of timelines. There was a timeline proposed by scientists many years ago that suggested global warming was going to make the Earth uninhabitable possibly as early as 2020. This is clearly not happening in the dominant timeline, although it may be true in various alternate timelines. What has caused global warming to slow down somewhat and the effects to be mitigated?

No, it's not the Republicans claiming it to be a hoax. It's not the oil, gas and coal companies compassionately cleaning up their toxic emissions. And it's not everyday people recycling (although these things may be helpful).

The biggest factor is the Earth herself. Like all intelligent organisms, the Earth has her own consciousness. She attempts to restore balance every time things get out of harmony. Yes, she uses solar minimums and other influences to bolster her case, but the bottom line is that nature is like a pendulum. It swings back and forth until it eventually

achieves equilibrium.

Polar regions getting too hot? No problem. Let's introduce bigger, wetter storms to block some of the sunlight and cool the Earth. Sea levels rising? Not necessarily a bad thing unless you are a condominium developer in South Florida. If you study the cycles you can see that the sea levels rise and fall over mill ions of years.

It's true that humanity has never been more plentiful on the Earth and, therefore, has a greater influence than ever before on the well- being of the planet. It's true that toxic chemicals are seriously polluting the Earth. But you will find that the Earth has her way of restoring balance, even in the extreme case of nuclear accidents.

The bottom line is that nature, including the rocks, minerals, tectonic plates, and electromagnetic currents of energy that are part of the Earth's grid system, are influencing the past, present and future to a significant degree.

The obvious solution for humanity is to learn to work in harmony with nature, rather than seeking to dominate and control it. Aside from making the body comfortable through air conditioning, heating, etc., there is really very little need to control nature. Sure, build a shelter from the storm, learn how to work with wind, sun and water, and develop enhancements to what nature has already provided, such as researching and implementing new agricultural methods. There is no need to oppose nature or try to force it to change. Permaculture is a practice that works in harmony with the Earth's natural cycles instead of cutting down everything in your path, pouring chemicals into the soil, etc.

Erecting buildings that work in harmony with nature is a good place to start. Like the energy of an opponent in martial arts, the energy of nature can be worked for or against humanity. Nature can be augmented and harmonized rather than resisted. In other words, you can use the energy of the universe to assist you rather than fighting with it or trying to dominate and control it.

In martial arts, it is well known that you can defeat an opponent with twice your size or apparent strength simply by using and directing that person's energy toward your own ends. You do not fight, resist or oppose the energy in traditional ways.

The same is true in the natural world. Working with nature instead of trying to dominate and suppress it is the key.

When altering the dominant timeline, ask of nature how she can be helpful in achieving your ends. Observe natural cycles and use them to your benefit.

For example, it is well-known that more gets done in the outer world during the spring and summer months. This is not just because the weather is more conducive to action, but it is also psychological and often inherent within the natural structure of things. Trees lose their leaves in the fall — it is a time of letting go. You can let go of old ideas and release things you no longer need in the fall and winter.

Plants and animals can also assist in creating the timeline you truly desire. Tune into them. Learn to communicate telepathically with them. The shamans and medicine people of many tribes have been doing this for millennia. The plant and animal spirits teach them how to utilize the natural world to make medicines and treat injuries and illnesses, as well as when and what to plant.

What about spirit guides and extraterrestrials? Many souls on Earth have been

helped by these beings throughout history. It is very difficult to overcome negative programming without help from on high.

A lot of souls misuse their higher help and expect spirit guides or extraterrestrials to do everything for them. A spirit guide is a lot like an athletic coach. The coach is not going to run the race for you. He or she will help you prepare for the race in every possible way — physically, emotionally and psychologically. But it is up to you to do the work. Do not expect a spirit guide to do everything for you. A highly evolved being will respect your free will and not try to force or convince you of anything. They might point out possible pitfalls and even warn you when it is needed, but they will not actively intervene unless you enter a life-threatening situation or they determine that a soul lesson is best learned through intervention.

Healing is one of the best applications of spirit guides and extraterrestrials, but they will seldom do anything without being invited first. If you want them to help you send healing light to the planet, invoke their presence and ask them to work through you. From their lofty vantage point, they can see many possible and probable realities and might prophesize or alert you to possible outcomes that you need to cultivate or avoid.

Many prophets have said that a failed prophecy is a successful one. This can be true sometimes. Making people aware of the consequences of certain actions can be beneficial. Using the wrong approach, prophecy can be self-fulfilling in a negative way.

You do not want to worry constantly about the future just because some “higher” being told you there would be cataclysmic events. Use the warning as a catalyst to investigate the subject matter more thoroughly. Even highly evolved beings can be wrong when giving their projections about the future of the dominant timeline. Remember that there are billions of souls on planet Earth and all of them are powerful creators (even though most of them are not aware of this). The best prophets and clairvoyants are those that are able to tune into the collective consciousness of the people and see what they are in the process of creating individually and collectively.

They might politely point out, “If you keep doing that, it will likely have disastrous consequences.” But except for a select few actions, they will not prevent you from doing something that could harm you.

There are limits to free will . You can choose how you want to experience something, but you cannot always change the event itself.

The exceptions to letting humanity run its course involve situations where a large number of souls would have their free will violated if the spirit guides and extraterrestrials were to refrain from intervention, such as in the case of nuclear destruction. There are many extraterrestrial groups who currently have permission to neutralize various weapons of mass destruction if their use would jeopardize the entire planet.

One of the reasons certain degrees of intervention are allowed is that there are a large group of “lightworkers” or beings that want to create world peace, and the Earth is in harmony with the idea of having millions of souls working to ensure peace. To allow some rogue group of negative beings to destroy the Earth through nuclear war would be a violation of the desires of this large group of peaceful souls. Mil lions of people have come to Earth at this time to be a part of a new peaceful society. This intention creates a very strong probable timeline that cannot be easily violated.

When you visualize world peace, you are joining a vast community of human and extraterrestrial souls that are dedicated and committed to bringing about world peace because that is what their souls want. They have already learned about war, poverty, misery and suffering for millions of years and they are ready for some new lessons that go beyond these things.

The issue of collective free will is highly complex and not easily understood even by beings at very high levels of vibration. This author's spirit guides have pointed this out on numerous occasions. It is not necessary to try and figure out what is best for each group of human beings, since it is almost impossible to know for sure at normal levels of awareness.

You can preface your healing work with statements such as, "If it be for the highest and best good of all concerned, then I ask that this war be stopped in the name of almighty Father/Mother God."

If your prayer is effective, it might seem to violate the free will of those souls who came to Earth to learn about war. By setting in motion forces that end a war, those souls are deprived of what they came to Earth to learn. Can you begin to appreciate why this is such a difficult subject? How do you know when it is okay to violate the will s of a small group of souls in favor of another group? When positive extraterrestrials neutralize weapons of mass destruction, those who wished to experience such destruction have had their wills violated (at least on the lower levels). Who gets to decide the proper course of action in these situations?

Sometimes it is the dominant energy of consciousness that prevails. If there are millions of high-vibrational souls who want peace and a few low-vibrational souls who want war, then it is relatively easy to prevent war. But Earth is a crazy melting pot of different souls all with different agendas. Up until recently, Earth was big enough to accommodate almost everyone's desires, but that is no longer the case.

Pollution is affecting every life form on Earth right now. It is a serious enough problem (at the lower levels) that many souls will likely experience immune system failure in the future. You could say that their Higher Selves knew this would be a problem when they signed up to come to Earth. But other souls may have come here to stop the pollution and save countless species from dying.

We have gone into great depth on the subject of how to create and influence the dominant timeline because it is important to realize the complexities of collective consciousness. The solution, however, is simple. Learn to listen to the voice of your own Higher Self, which can make sense of these complexities. If you get a strong feeling to move in a certain direction, trust that feeling and get moving. Ask your Higher Self to put you on the optimum path for maximum soul growth, happiness and well-being. Trust that your Higher Self knows the best way to accomplish this. Give thanks to your helpers in the higher planes for their assistance.

8. Healing Groups of People in the Past (Healing Historical Collective Traumas on Planet Earth)

Since you can go anywhere in the whole of time-space and perform a healing there, one powerful way to clear collective negativity (group trauma) is to travel back in time and give a

healing to significant global conflicts and traumatic planetary events.

Earlier we used the example of holocausts as aspects of the collective timeline where there is a lot of stuck energy. Although we cannot change the actual physical events of a collective timeline (due to the Grandfather Paradox and being prohibited from violating the free will of the souls involved in that event), it is entirely possible to change the experience of souls who were involved.

Many soldiers experience seeing angels while on the battlefield. In some cases, the angels appear when they are dying, but they might also come to comfort them, help keep them safe, or boost morale in situations that are not life-threatening.

Some of these "angels" might be future versions of themselves that have come back in time to give the past self a healing, while others might be the energy of healers doing third-party healings, such as what you and a group of souls might do when you view the collective past on Earth. Still others might be actual real-time celestial visitors simply giving their love and compassion.

There are a few dynamics of healing the past that we wish to bring forth at this time. First, it is not possible, at the human level, to know exactly how many people living in a given time period are actually being positively affected by the healing process. We can say that some souls involved in a group trauma probably do not receive a significant healing due to visitations from the future, while others experience a major effect on their energy bodies or state of consciousness from such visitations.

It all depends on what each soul desires to experience, along with the various soul agreements, karmic contracts and free will decisions that are part of the Divine Plan.

Some souls are not ready to change. For whatever reason, they are content to commiserate and remain mired in a group consciousness of guilt, shame, blame, projection, etc. Playing the victim card is extremely popular on Earth. Maybe your cultural or ethnic group was genocided a few generations ago, or forced into slavery, or were the perpetrators of horrific crimes.

Notwithstanding the fact that most souls "chose" their current circumstances, it is tempting to feel like a victim and to hold on to these group experiences well past their expiration date.

How many white, Christian heterosexual men feel like victims? What about black, Jewish, lesbian women? Undoubtedly the second category has a higher percentage of "victims." Yet how many in the second group are currently being persecuted, genocided and victimized? Probably not many, but from a compassionate third density point of view, one person being persecuted is too many.

The number of souls being persecuted or victimized obviously depends on where they live, how outspoken they are, and most importantly, what their souls came here to learn. Certainly, persecution and oppression continue in most parts of the planet, but how much of the problem is due to unwillingness on the part of social, ethnic or racial groups to let go of the past and move on?

As we stated earlier, there are two sides to these conflicts, and many lifetimes of programming. If you were an oppressor in a past lifetime, you might be the oppressed in this lifetime, or vice versa. Some groups of souls go back and forth, lifetime after lifetime, trading places between victim and oppressor. Some of these "disadvantaged" groups were taking advantage of souls just a couple of lifetimes ago.

The Higher Self (soul essence) does not judge between right and wrong. It simply wants to experience everything that life has to offer. It wants to know what it feels like to be a victim and a perpetrator. However, over a long period of time, souls evolve into higher vibratory states, and

in the higher states they are more likely to want to learn about love, forgiveness and healing. Therefore, after a few dozen lifetimes of misery and suffering, the soul might decide it has had enough and will start attracting a different set of experiences.

The single greatest healing you can perform on the past is to assist souls in liberating themselves from guilt. It might not be apparent at first that "victims" are usually riddled with guilt from things they have done in past lifetimes, but if you go deeply into the issue, you will discover that this is the case most of the time.

Obviously, we are not condoning bad behavior. Everyone is God regardless of their skin color, ethnic background, upbringing, political affiliation, etc. A black, Jewish, lesbian woman is just as capable of behaving badly as a white, Christian, heterosexual man.

We observe so-called "social justice warriors" fighting for equality and fairness. In some cases it might be a good thing to bring to the attention of the society various imbalances existing within the fabric of a country or state. We are not saying that these justice groups do not fulfill a vital purpose in helping society. However, a lot of them are perpetuating the very imbalances they proclaim to be eradicating. As we stated before, "fighting for peace" will always be an oxymoron.

If you are judging white, Christian, heterosexual men while championing the rights of black, Jewish, lesbian women, then you are part of the problem. Of course, there are some in the first group who are discriminating against those in the second group, but there are also those who are doing the opposite.

The only way healing can occur is if you recognize that everyone is part of the Divine; that everyone deserves love and compassion, regardless of their position in life. Even serial murderers and terrorists deserve love and compassion. There might be consequences for their crimes. You might need to lock them up or find some way to isolate them from society, but you must do so with love and compassion if there is to be healing.

Although this might appear to be a contradiction to those who do not understand the drama of duality, it is the only way anything is ever going to change. In psychology it is well-known that you need to see the person as different from the behavior. A beautiful, perfect child of God is identified with the ego and behaving badly. Such a person deserves love and compassion. Sending hate to such a soul will only perpetuate the problem. In most cases, the problem began when the soul was "made wrong" by parents, family or the world.

Returning to the idea of going back in time and giving a healing to mass traumas, the single most important step is to recognize that not only is everything unfolding in Divine Order in the present, but that it was also unfolding that way in the past. This is difficult to grasp for the rational mind, but it is the key to healing.

If, for example, you are going back to the concentration camps in World War 2, begin by sending love to everyone, including Nazi soldiers, gun manufacturers and the politicians promoting the war. Do not simply send healing to the prisoners and then stop. In many cases the perpetrators need more healing than the victims, especially if the victims died quickly and were already helped by their guardian angels and spirit guides.

We suggest you study the principles of timeline healing and become certified as a timeline healer in order to achieve maximum effectiveness in healing the past.

When a healing is successful it does many things. Some of the original participants in the trauma actually feel better during the trauma itself. Others receive insights into the nature of the experience during that original time period. Others receive the healing after the original experience.

Many souls in present time, who have been locked into the drama of duality regarding the mass trauma of the past, begin to release their attachment to the pain, misery and suffering of that trauma.

At the very least, those giving the healing are releasing their judgments and pain regarding the mass trauma. For example, it would be great if groups of Jewish or Russian people could get together and send healing to everyone who died in the holocausts. It would be even better if such groups would also send healing to the Nazis or Bolsheviks, as well as those supporting war in general. Finally, these groups need to send healing to the so-called forces behind the scenes who sell weapons to both sides of the conflicts, and those who plan and design these wars. If enough people send enough love into the past and present of the Illuminati and other groups who practice control and domination of people, real change will occur.

Free will suggests that not all of these power-hungry souls will accept the healing, but some of it is likely to get through their mental and emotional barriers if their souls are ready to complete the lesson of oppression and control.

Once again, it is not our concern what the mechanics of healing look like. This is where we have faith and trust. When we give a healing to a collective event of the past, we receive the healing since what you put out comes back to you. The worst-case scenario is that the healer, in present time, receives a healing and nothing else of significance occurs. This is still better than doing nothing.

The Nonlocality Principle applied to time implies that every healing that occurs anywhere in time-space affects every soul in Creation in any time period. A group directing healing energy into the holocausts is causing benefits for every time and location in the universe. Each time a soul sends love and compassion into a situation where genocide occurred, the energy is changed in a positive way on some level.

As you raise your consciousness and become more aware of your personal power (an extension of Divine Power), the magnitude of the healing increases.

We suggest (after mastering the techniques in the timeline healing training) that you assemble graduates of the training and spend regular intervals of time directing healing energy into past events. The best way is to do a “String of Pearls” healing whereby you simultaneously direct energy into multiple locations in time-space. You choose a specific theme for the evening of healing; for example, starting with something that occurred millions of years ago related to the topic, then moving forward in time healing similar events, until finally you come to the present.

(Note: You can also start with the most recent group traumas and then go farther and farther back into the past. In nonlinear time it matters not whether you go forward or backward in time. Every healing you do affects every other time period, even if you start healing recent time periods before you go farther back into the past. This does not make logical sense, but this is the way it works.)

There have been dozens of major holocausts and genocides on Earth since humans first started coming here. You can send healing to each and every one of the major events up to and including the present. If you have not been through the timeline healing training, then simply practice sending love and compassion to each event as you review it. You can imagine what the event was like if you have no factual accounts (perhaps it happened too long ago to have photographs or news reports and you are relying entirely on word of mouth passed down through generations).

You may or may not notice a difference in the people typically affected by the historical trauma. For example, it is possible that after working on the Jewish holocaust, you might notice a

decrease in negative talk about it, at least in some people.

9. Healing Possible and Probable Future Timelines

Earlier we detailed a process called “Future Timeline Linking.” The dynamic involved the therapist leading the client into the future. Now we will examine other ways to use Future Timeline Linking.

As you become more adept at using the various timeline healing therapies, you will be ready to do these processes on your own without the benefit of a therapist.

Regardless of what precipitates into the dominant timeline, you can go into the future and give healing to possible and probable timelines you perceive happening in and around you. Earlier, we outlined an exercise designed to help you manifest a desired outcome. An additional purpose of this process is to help you avoid an undesired outcome. By sending healing into all the most likely alternate timelines, you reduce the risk of having one of these probable realities intersect with or become the dominant timeline in your lif e.

Let’s say that you have a job you love, but the company is not doing well financially. In the present timeline you are employed and there are no plans to terminate you. However, you see a future timeline where you are being laid off because the company can no longer afford to pay you.

You have some choices you can make here. You can attempt to influence the management of the company by going into the future and interacting with them, imagining convincing them to keep you on. Or you can work more on the company itself to help make it profitable. You can see the company making money in the future. Or you can accept that you will be laid off and spend your time directing energy to your future self and giving that self a healing. You might visualize your future self working in a more reliable, but equally satisfying company.

Also, you might work on the emotional issues or karmic patterns, if any, that could be responsible for influencing or directing you to work at an unstable company.

Finally, you could work on releasing any emotional attachments you have toward your job and go into a future timeline where you have liberated yourself from all worry and concern regarding your future employment.

Every time you create a future timeline, or “jump” into a possible or probable future, you create a version of yourself, or connect with a future self that already exists in that timeline. When you strengthen a probable future timeline by giving it a lot of energy and attention, you are establishing a relationship with your future self that already exists within that timeline. (Note: Whether you describe this as actually creating a new timeline and new version of yourself, or see it as accessing a version of yourself and a timeline that already exists depends on what level of consciousness you are vibrating at. We will talk more about this shortly.)

You can make your future self one of your spirit guides. You can talk to your future self regularly. You can receive advice from your future self regarding the steps necessary to reach your goals. Even if you have already done the traditional Future Timeline Linking based on the dominant timeline, you still have multiple future selves, one for each possible and probable outcome. If you decide that you prefer a different reality from the one that is currently manifesting, you can “change” future selves and start focusing more on the one you prefer.

Maybe at first you decide you want to be president of the company you currently work for, but later you conclude that it would require too much effort and you would rather be executive vice president. You have already established a relationship with your future self as president, but now you want to start relating to your future self as executive vice president. No problem. You

simply begin directing your attention to the new future self, empowering this self more every time you meditate on that outcome. The original future self still exists, but you are no longer closing the time loop around that self as president. You have jumped into another timeline and are now closing a new time loop.

Suppose there is a possible reality that involves some disaster that would prevent you from accomplishing your goals. On your way to becoming president, you imagine a jealous co-worker murdering you. The very fact that this idea crossed your mind suggests it is already a possible reality. You can then jump into this possible timeline and take steps to prevent the murder. As long as this is not the dominant timeline and your soul does not desire to have the experience of being murdered, you can make specific physical changes to what you see occurring in this future timeline. By preventing the murder in this possible future, you reduce the chances of this possible timeline ever intersecting with, or becoming the dominant timeline.

10. Healing Possible and Probable Future Timelines for Others — Third-Party Future Timeline Linking

If you have a client that wants healing for another person, you might want to include giving healing to the possible and probable futures for that person.

For example, if you clairvoyantly see a future of declining health for an elderly person, you can go into that person's probable future and offer a healing. You can visualize that person in radiant good health as they enter their 80s and 90s. You can see that soul making wise lifestyle choices and opening up emotionally (expressing feelings in a healthy way).

How much are you influencing such a soul's future decisions? That depends on many factors, such as that person's level of stubbornness, ability to be flexible, etc.

Your ability to project energy is also a factor. If you have doubts within yourself about this person's future health, those doubts can certainly interfere.

The best thing to do is to tune into the Higher Self of the third party and see if you can communicate directly. What does the friend or family member of the client really want in life? What are the main soul lessons? Is it for the highest and best soul growth, happiness and well-being for this soul to live a long, healthy and prosperous life? You might think this would be every soul's inner desire, but that is not always the case.

When you mentally project to the third-party soul, ask your Higher Self and the Higher Self of that person to show you the possible and probable timelines that are most beneficial. Ask your Higher Self to infuse higher consciousness and healing energy into the timeline that is perfect, right and appropriate for the soul receiving the healing.

11. Healing Possible and Probable Future Timelines for Earth

You can extend your healing ability into collective future timelines, not just the ones that are relevant to your personal path.

For example, at the present moment in the dominant timeline, World War 3 has not occurred. However, there are several possible or probable future timelines where World War 3 is already happening or about to happen. In the case where the war is about to happen in an alternate timeline, you can enter that timeline in meditation and perform various healings on it, while sending love and compassion. You can see the war dissolving before it starts in that timeline.

In a future timeline where World War 3 is already happening, you can send healing to all those who are involved and direct your intention toward the immediate cease-fire and

dismantling of the war machine.

Your spirit guides and Higher Self can be instrumental in helping you understand and heal possible collective futures. You can go into meditation and ask your Higher Self to show you the most likely scenarios for the future of humankind. Of course, you can do this for subsets of humanity, but to keep this example simple, let's say that these are scenarios that affect everyone. Here are ten possible choices: (a) humanity is no longer prevented from engaging in nuclear war and blows itself up making the planet uninhabitable; (b) humanity tries to blow itself up but is prevented by Divine Dispensation. War continues using only conventional weapons; (c) humanity tries to blow itself up but is prevented by Divine Dispensation and thus realizes war is futile and starts moving toward peace; (d) humanity slowly and painfully starts moving away from war; (e) humanity has a sudden realization that war is no longer acceptable and immediately begins a cease-fire all over the world; (f) extraterrestrials invade and take over the Earth; (g) higher beings come and eliminate all the negativity on Earth; (h) a virus wipes out 90% of humanity; (i) a virus wipes out only the privileged elite; and (j) a new age of peace and prosperity comes swiftly to the world.

You can examine each scenario above and decide what to do about it — does it need healing, releasing or supporting (strengthening)?

We are not suggesting you spend a lot of time imagining different scenarios, but the ones that persist — that you think about the most often, whether positive or negative — need some attention.

Conclusion — Being a Master of Time-Space

We have gone into great detail on some of the ways you can travel through time-space and learn to understand the mysterious interplay between possible, probable and other parallel realities.

There are a few other applications of timeline healing that we wish to introduce in the next chapter. Take your time with this material and re-read it as many times as you need to fully grasp its significance.

Channeling #8 Message from the Founders — The Power of Repetition

Greetings, dear Creators, we are the Founders. This channel prides himself on new, state-of-the-art techniques and information. However, you may have noticed that he repeats himself often, in slightly different ways, throughout this book. He has no problem writing large volumes of material. Most of his books are over 300 pages in length. He is not merely trying to fill out the pages and add "fluff" to the data.

Perhaps you have noticed that the subject of this book, time, has not been adequately explained in very many texts throughout history. That is the primary reason the information is being given at this time. Much of what is discussed is controversial. Both scientists and lay people alike will be challenged by what is contained in these pages. Many will dismiss it outright as fanciful or wishful thinking, or they will find flaws in the science (especially the assertion that the Nonlocality Principle can be applied to time).

Others who are less intellectual will begin to tire of the repetitive nature of the ideas. "Can't we just live life and enjoy every day without worrying about linear this or nonlinear that?"

All these reactions have some validity. Yet, the main purpose of this book is to help empower you to realize your Divine nature. It does not do you much good to hear story after story about how magnificent you are and how you are connected to all good things if you are still a slave to time. Some of you will barely find time to read this book in-between your daily chores and

obligations.

Knowing that it is possible to speed up or slow down time, jump into new timelines, and heal the past, present and future, brings a new appreciation of the phrase, "You are a powerful, creative, spiritual being." Indeed, you are a child of the Most High God. Deep inside you know this with great certainty. Yet the world constantly reinforces the idea that you are needy and dependent on an endless variety of things.

This is why we constantly repeat ourselves. This is why the channel approaches the same ideas from different angles. If you diligently apply the techniques given in this book (and attend the trainings offered), you will have a direct experience of your ability to transcend and master the lower dimensions of time and space. Your subconscious mind is being reprogrammed (according to your own soul's desire). Every time you read about the ways you can move beyond linear time, another seed is planted in the garden of immortality and peace. You might not yet see the connection between the intellectual musings about time and the idea of deep and abiding contentment, but this relationship will become clearer over time. As a master of time and space, you can use these attributes of the Creation to assist you in your selfless service of all beings in the universe.

Remind yourself every day that you are the full beauty and majesty of the Creation manifest in human form and that you deserve the Kingdom of Heaven, right here and right now. Let go of all thoughts to the contrary. Celebrate the knowledge that time is no longer your master and you are no longer its slave. Rise up and become a part of the higher reality. You are free, now and forever.

We are the Founders. Good day.

Chapter 10 — Additional Information about Timeline Healing

Self Timeline Healing (Applying the technique to yourself without a therapist)

If you have not been through the timeline healing training and have not received a session from a licensed therapist, you may be wondering why you cannot simply do this process yourself. After all, we have described a great deal of the technique in these pages and it might seem very straight- forward to imagine going back in time and giving certain aspects of yourself healing.

In actuality, it is very simple, but it is not easy. The ego puts up a lot of resistance to change, and especially to deep healing. If you attempt the process by yourself, you might have some success, but more than likely you will either not go deep enough, or will not be able to fully detach from the past self you are healing.

In this western world, people want to take shortcuts. There are very few actual methods for quickening the natural process of soul evolution. It is better to be patient and thoroughly learn a technique before trying to take shortcuts. If time and money are a concern, there are ways to overcome those obstacles. For example, if you have taken the basic training but are not ready to do the more advanced parts, you can trade with others who have learned the basic technique.

The “String of Pearls” meditation is sometimes a shortcut and is quicker than the standard healing process, although it usually does not go as deep.

This author strongly suggests you make the time and invest the money necessary to help you understand the deeper aspects of the soul. Yes, there are a lot of teachers out there who put money ahead of service. You need to use discernment and ask your Higher Self before investing either time or money in a technique. You can imagine yourself becoming a master of a certain healing modality and then tune in and see how you feel. Does the thought of being a timeline healer fill you with genuine joy and enthusiasm?

Can you honestly see yourself using this technique regularly year after year? If yes, then I highly suggest you take a training and get lots of experience trading with other practitioners. Go deep into meditation and see if you feel a calm, peaceful energy when you contemplate the idea of making this commitment to your healing journey.

Genetic and Ancestral Healing

Removing or Changing Ancestral and Genetic Imprints within Yourself (with the help of a timeline healer)

Scientists have a very limited understanding of genetics. There is a general belief that our genes shape everything about us; that we are a product of our ancestral DNA. We are not disputing that within the genetic code are the characteristics of the physical body and many personality traits. Certainly, our emotional and psychological well-being is influenced by aspects

of our DNA passed on to us by our family line.

But we are going to assert that it works both ways. Our state of consciousness determines our genetics. Perhaps we are using the word "consciousness" broadly here, to include state of vibration, karmic history, and soul path. Ultimately, it is the Higher Self, or higher aspects/ dimensions of the soul that determine the characteristics of a given lifetime. However, as we are often painfully reminded, belief in the lower self (ego) plays a huge part as well.

Our genetics are a product of many factors. Let us review the main ones. (a) *Human Interbreeding*. Our DNA characteristics are a product of our family tree — this is well-known to mainstream science; (b) *Cosmic Influences from this Life*. Radiation from the sun and stars, as well as the influence of beings from other star systems and dimensions — this is not understood very well; (c) *Influences from Past Lifetimes on Earth*. The part of the genome that carries this information is in what unenlightened scientists call "junk" DNA; (d) *Lifetimes on Other Worlds and in Other Dimensions*. This is the least understood factor. Again, the information is contained within the "junk" DNA.

Most of the elements of timeline healing we have been discussing so far work with items (b) through (d) above. Now let us turn our attention to your family genetics.

Removing or Changing your Genetics by Yourself

It is possible to rearrange your genetic codes by changing your consciousness. This obviously contradicts the mainstream scientific view that there is nothing you can do about your genetics.

You can go back in time and alter your experience with family members, and you can also perform a healing on ancestors, allowing their genetics to be changed as well. You can, with the help of your spirit guides, remove genetic imprints at the origin point (the time the trauma occurred back up in your family tree). Obviously, changing genetics of other family members requires their "permission" on a soul level.

For example, your great-great grandfather on your mother's side developed a problem with alcohol. This tendency toward alcoholism became imprinted within the genetics of the family line on that side. Perhaps your great grandfather (his son) also had a problem with alcoholism, etc., and it got passed down through your mother to you.

Because consciousness affects genetics, the alcoholism became imprinted in the genetic codes that got passed on to you. Because genetics affect consciousness, you have a tendency toward becoming an alcoholic if you are not extremely careful not to drink too much.

Real-Time Healing of People from your Genetics/Ancestry

There are several ways to perform this healing. You can go back in time to visit your great-great grandfather and give him a healing during the time he was alive, or you can "find" him and give him a healing in real time. Perhaps he has incarnated several times since the original genetic imprint and is now back in the family somewhere (a common occurrence). Of course, he may be in another Earthly family, or no longer on the Earth (incarnated on another planet).

You can ask your Higher Self to remove the traumatic imprints from your ancestor. You can visualize your ancestor (without worrying about accuracy). See him filled with God's golden, radiant, loving light. Imagine lifting him into the heavens and forgiving him totally and completely.

Ask that all genetic links to the defective DNA be immediately cut and that only those links that represent health and vitality be allowed to remain. Trust that your Higher Self and spirit

guides know how to rearrange the DNA to eliminate the defective genetic codes and/or strands.

Next, work your way through the descendants of the original ancestor.

Ask to be shown which ones need healing. Repeat the above processes for each family member until you finish with your own parents.

Ask that all links to the defective DNA within your own body be removed and that all karmic lessons related to the defective DNA be completed in perfect right timing.

Ask that this work be "sealed." This means that none of the defects will carry forth into future generations.

Assisting Another in Changing their Genetics

You can, as a timeline healing therapist, assist a client in changing their genetics. Any changes made will be recorded in a new timeline. Essentially, as soon as you make the changes to the client's ancestry, the client "jumps" into a new timeline that includes the altered genetic history. All family members in the genetic lineage are either transported into the new timeline (if they accept the changes to their genetics), or remain in the original timeline (if they reject the changes). In most cases, the souls involved will not even know that their history has been changed, at least not until they reach a certain level of consciousness.

Third-Party Genetic Healing

You can also perform a third-party genetic healing. If a client comes to you with a request to heal a family member, you can go back in time with the client and perform a healing on members of that person's family tree. You can ask your spirit guides to work with the spirit guides of the client to help remove genetic imprints from those souls within the third-party's family tree that have originated or perpetuated the trauma or problem. If you don't have permission to alter the genetic codes, your attempts will be unsuccessful. The reasons for genetic distortions are many. They might go back to emotional experiences, environmental factors such as famine or flood, karmic agreements with other family members, etc.

It is not necessary to know all the details (this could be quite complex). Just ask the Higher Self of the third party and the client to assist in the highest and best way possible for healing to occur.

Healing of Implants and Imprints (military, ET, etheric, astral, residue)

It is possible to go back in time and alter the imprinting and implanting that took place within you or a client (or third party). The best method is to travel back to just before the beginning of the implantation or recording of an imprint caused by trauma, coercion, torture, or some other vehicle of delivery. If removing the implant or imprint violates the free will of the soul (in other words, if the soul desires to keep the implant or imprint in order to learn a specific soul lesson), then the healing will be unsuccessful.

There are several types of implants and imprints. Below we have outlined a few of them:

Physical Implants

These are often inserted under the skin by skilled surgeons (in the case of military applications) or by extraterrestrials (in the case of abductions). The purpose of physical implants is usually to track the soul. This can be useful in the case of medical conditions, but nefarious in the case of keeping track of the whereabouts of people who possess sensitive information or are involved in espionage. Of course, on a more sensationalistic note, physical implants can be used to control or possess a soul who has not yet learned how to avoid mind control, hypnosis and other mechanisms of surveillance.

The best way to heal the effects of physical implants is to go back to the time when they were inserted and do a de-activation healing to eliminate the effects of the implant. This can be accomplished by erecting a shield or energetic barrier and reprogramming the part of the mind that was controlled by the implant. It might also be necessary to forgive the perpetrators of the implant and release any negative emotions associated with the trauma.

Astral Implants

The astral plane is very close to the physical plane. An astral implant, while technically not physical, can seem very real on the human level. There might be a sore spot on the body that corresponds to the astral location.

Astral implants are often inserted by astral beings into the astral body of a human soul. They might have been activated a long time ago but still have residue remaining that has carried over through many lifetimes.

For example, you might have been part of a war in the Orion system over a hundred thousand years ago, and when you were captured by enemy soldiers, they interrogated and tortured you and then inserted an implant into the astral body. This implant left an impression that has affected the part of the body where the insert happened. You may have received a healing several times since the original experience, but there could still be residue (leftover energy patterns) around that part of the body.

You can use timeline healing to go back to the time of the original experience and put a shield of golden light around the area before, during and after the implantation. By forgiving those who inserted the implant, giving a healing to the past life self's trauma, and doing a follow-up healing on your present physical self, the residue will likely disappear.

Etheric Imprints

Traumatic past life experiences (and traumas from this life as well) can leave a concentrated negative energy pattern in the etheric body. An example could be throat problems in this life arising from being hanged or strangled in a previous life. Perhaps you were punished for speaking your truth in a past life and this punishment left an imprint in the throat chakra. Or you were stabbed in the stomach in a past life and have had numerous stomach problems in this life.

Etheric imprints are typically not as localized as astral implants, but rather, affect a general area of the body and the corresponding chakra.

The method of healing is similar to the procedure for dealing with astral implants. Once again, you go back to just before the trauma occurred, erect a force field of golden light, go through the psychological and emotional healing techniques typically applied in timeline healing, and then do a lot of forgiveness work.

Effective etheric healing changes the electromagnetic blueprint of the physical body (and the astral body) and may quickly clear up chronic problems that correspond to the affected chakra.

Applications of Reverse Timeline Healing

Mental Projection through Time and Space

When you use timeline healing to go anywhere in space while remaining in present time, it is called “mental projection” or “remote viewing.” You have probably done this hundreds of times without realizing it. Mental projection is different from memory and knowledge about remote locations, but it employs the same visualization processes.

Many people do not believe they can visualize, but this is incorrect. You can practice visualizing by first employing memory and past knowledge of a remote location. A rather silly example would be to hold a glass (half full of a liquid, perhaps) in front of your face and then close your eyes and imagine you are still seeing it. At first, this will be a memory exercise, but eventually it is possible to actually tune into the object and see it as it is (within the realm of reflected light) instead of just remembering what it looks like.

Advanced clairvoyants might be able to go beyond the realm of reflected light into the energy matrix of an object, seeing the fact that it is not really solid at all, but composed of vibrating energy.

There are specific exercises you can do to develop your clairvoyance. Repeatedly closing your eyes and visualizing objects is just one method. Imagining you can see objects on a mental screen is another. It is not our intent in this book to coach you in developing your psychic abilities. We encourage you to try different approaches and see what works best for you.

You can test your accuracy as a clairvoyant very easily. For example, you can visualize a “Yes” or “No” on a mental screen for simple yes or no answers to basic questions. Begin by “calibrating” the method. Ask a question you know the answer to and watch the answer appear on your mental screen. Once you are confident in this technique, then start asking questions you do not know the answer to but can easily find out, such as “Is it raining in Madrid, Spain right now?” Then after your mental screen settles on an answer, you can look on a weather map and find out if you were right. You will probably be right 60 to 80 percent of the time when you first start practicing. If you go deep enough into meditation before asking the questions, your accuracy rate will be higher.

Do not get discouraged if you do not do well at first. This requires practice. Eventually you will be able to tell in advance when you are truly being clairvoyant and when you are simply guessing or using memory. For example, if it is summer and you know rain is scarce in Madrid in the summertime, you might be tempted to say “No” from memory rather than clairvoyantly tuning in.

Later in the process, you can imagine yourself traveling in your mental body to the location and perceiving what is actually taking place there. This is timeline healing without the time element — simply moving through space.

Downloading Knowledge from Within This Lifetime (retrieving answers to exams, recalling minute details, etc.)

You can mentally project yourself back in time to an event or location where you received specific knowledge. For example, if you are in your fourth year of college and are taking a final examination, you can project yourself back to your freshman year when the professor was going over the quadratic formula during mathematics class. He had the formula prominently displayed

on the board. You can reconnect with the self that you were when this lecture was taking place and easily find the answer to an exam question, such as (multiple choice) “Which of the following is the quadratic formula?”

You might be thinking, “Why bother with this when I can just ask my Higher Self for the answer?” Yes, that is certainly possible, but many human beings who have been on a spiritual path for a long time still find it difficult to get direct answers from the Higher Self. If you are a visual person, you might ask your Higher Self to simply illuminate (put gold light around) the correct answers on the exam. But to truly assimilate the information, it might be better to actually go back to the time and place where you first learned the answer.

To be sure you have the correct answer, you could use all three of these techniques for knowledge retrieval: ask Higher Self directly for the answer, ask Higher Self to illuminate the correct choice, and ask to take you back in time. In addition, you can learn to access the Akashic Records. For example, the quadratic formula is certainly going to appear there in multiple situations.

You can also use timeline healing to remember where you put your car keys (a very practical application if there ever was one). Ask your Higher Self to take you back to the time and place when you last held your car keys before placing them somewhere (or accidentally dropping them).

The best use of this method is to go back to your “satori” experiences and bring them forward into the present moment. Not only can you remember your temporary enlightenments, but you can realize that enlightenment is happening right now. You are intimately connected to every enlightenment experience you have had as a human being, and your higher dimensional enlightened self exists right now and always. There are only two states of consciousness — awake and asleep. Neither or these states changes the fact that you are eternally enlightened; however, only one of them allows you to recognize this truth. You are either awake, or you are asleep and dreaming of darkness while safely tucked in the arms of God. Remembering the times when you awakened briefly before going back to sleep allows you to realize the ultimate paradox — that you can only be enlightened in this eternal NOW moment and that there is no other moment — therefore, it is impossible NOT to be enlightened even though you might seem to be living in illusion.

Downloading Wisdom from Other Lifetimes

Maybe you were a high priest or priestess in a past lifetime and you would love to remember the knowledge and wisdom gained during that time. While ultimately all is stored in the Akashic Records and can be accessed at any time, it might be more meaningful to go back in time, create a link to your past self, and then download the information from that lifetime into your present self.

For example, if you had highly developed clairvoyance, you can overlay those abilities from that lifetime onto the self you are in this lifetime. If you used a specific technique to awaken your clairvoyance, you can remember the details of this process and begin reawakening your vision now.

Downloading Information from Your Future Self

You can go into the future and access one or more of your possible or probable future selves and download information from them. For example, you have a future self that is a highly

successful timeline healer with lots of happy, satisfied clients. You can travel into the future and meet that future self and receive a download of knowledge and wisdom necessary to "close the time loop" and realize yourself as a successful timeline healer.

As stated earlier, you have what is called an "optimum timeline." This is the timeline that is the absolute best for your soul growth, happiness and well-being. You can ask to travel to the future self that is the result of following your optimum timeline. Then you can establish a link to that future self and make that self a spirit guide to your present self.

Every time you have a decision to make in linear time, you can ask your future self, "What did you do when you came to this point on your path?"

Downloading Wisdom from Teachers in the Past, Present or Future

You can project yourself to any place in time or space, including the meeting places of great teachers from all disciplines and studies. Most enlightened souls welcome those who want to learn about the secrets and mysteries of the universe.

You can download the knowledge and wisdom of these great teachers directly through telepathic transmission. Set your intention to mentally project to a specific teacher during a specific time period. Imagine meeting with that teacher and creating a link between souls, then receiving a transmission of knowledge and wisdom.

Beings in higher dimensions use this method of interaction all the time. Although knowledge is shared freely, respect for privacy and solitude is still important. The information received will be utilized in new and varied ways by every soul who downloads it.

When you receive the wisdom of a great teacher, ask that it be made available to you in a way that assists your soul growth, happiness and well-being. A partial merging of minds with the teacher might take place, or you could simply experience a remote teaching-learning relationship. If the teacher is truly enlightened, he or she will know how to best serve you when you make the connection.

Now, we return to more practical matters with a slightly off-topic discussion.

Working with Difficult Clients

Although we are only giving you a basic outline of the timeline healing process (a more detailed description occurs in the actual trainings), we will now give some general advice for therapists and healers desiring to strengthen and improve their practices.

You may be wondering why we are including this in a book about time. The techniques introduced in this book are designed to greatly accelerate the process of awakening to higher dimensions. Essentially, we embrace techniques that use time to go beyond time. If you decide to become a timeline healer, you will encounter many souls that seem to be stuck in a third or fourth density linear reality. The following is not a textbook in how to become a psychotherapist, but it might assist you on your path.

Determine which techniques are most appropriate for beginning clients (such as psychotherapy and holistic healing)

Any time you intend to help a soul get free of the traps of lower dimensional linear time, you need to interview the client and get a strong sense of where the blockages are. How does the

person perceive the problem? What possible solutions have already been attempted? How optimistic or pessimistic is the client?

Timeline healing is an advanced therapy technique. It is not for everyone. Some souls are simply not ready to go deeply into the six lower bodies. The ego may not be ready to have its cherished beliefs about reality challenged.

Use your intuition regarding which clients are ready for timeline healing. If your initial interview does not reveal the degree of readiness, ask your spirit guides and Higher Self. Remember to feel your energy body. The Higher Self is communicating with you intuitively by giving you a strong, happy, vibrant feeling if the answer is "yes" and a heavy, tired and bored feeling if the answer is "no."

Get the Client to Embrace, Love and Accept the Self in its Present State

This can be deceptively difficult. Although the person may convince himself that he is ready to accept present circumstances, there may be an almost involuntary reaction to avoid or escape the unpleasantness of things. After all, the client came to you to "get rid of" unwanted negative patterns. It is a great paradox that you must first completely accept "what is" before you can significantly change it.

Get the client to find something he or she likes about the self. Help the person see the progress that has already been made. The very fact that this soul is with you means that he or she is ready for healing. The healing must be allowed to happen — not forced or coerced. Help the client trust in the healing process. Give him/her exercises to radiate love and positive energy into the ego/personality/little child self.

Help the Client Change the Self-Image

Healing is not complete until there is a change of self-image. The old self believes in lack, limitation, scarcity and separation. The new self realizes these are illusions. The new self is full of confidence and trust in the Divine. Help this person see that every time the old self starts into judgment and self-criticism, that is the cue to stop, breathe and use an affirmation. Our favorite affirmation is "I am a powerful, creative, spiritual being." Get the client to see that this is the truth — not just another belief system.

More on the Use of Breathing Techniques

Breathing is one of the fastest ways to clear old emotions. As soon as a negative feeling surfaces, it's time for full, deep breaths. If you are trained in a breathing technique, use it with your client. It will become a habit to start breathing deeply every time there is a difficult circumstance or situation in life. Rapid breathing tends to speed up processing, but it also makes the experience more intense. It might be harder to relax when breathing rapidly. Breathing deeply, but more slowly, can help the client relax, but the healing process may happen more slowly.

We suggest you do some research on processes that involve specific breathing techniques, such as rebirthing, primal therapy, Holotropic breathwork, breath of fire, Kriya yoga, Kundalini yoga, and others.

Timeline Healing with Other Healing Modalities

Combining with Laying on of Hands Healing

If you have a deep bond with your client, touch can be extremely effective in helping the person relax and trust the process. Reiki and other laying on of hands healing techniques can augment and amplify the timeline healing process. Participants in the timeline healing training are encouraged to work with multiple healing techniques.

Grounding, Aura Healing and Chakra Balancing

The purpose of grounding, aura healing and chakra balancing is to remove negative energies from other souls (including astral entities) that may be pulling on your energy field. The idea is to free yourself from the drama of duality inherent within the lower dimensions. In order to do this, you must cleanse yourself regularly of all negative emotions and thought forms. Cleaning the etheric body (aura and chakras) is one way to facilitate this.

Combining with Forgiveness Work and Karmic Release

Timeline healing involves the complete and total forgiveness of all traumas from all past time periods. "*A Course in Miracles*" says forgiveness is the key to happiness. We would tend to agree. Along with forgiveness work comes clearing of karmic contracts and soul agreements. This healing pertains to the causal body, or sixth level of being. Clearing karma means freeing yourself from the past. If you want to live in the eternal present, you must let go of all negative karmic contracts and soul agreements. There are specific workshops offered by this author that are designed to help you do this

More on Bringing in Spirit Guides

You can invoke your spirit guides to help with timeline healing. Use a standard invocation by first calling in protection ("I invoke God's golden, radiant, loving light for complete and total protection on all levels and dimensions of my being.") Next, call in your Higher Self ("I invoke the power and presence of my Higher Self. Come forth, beloved Higher Self, and share your love, power and wisdom with me. Express through me, as me.") Then invoke your spirit guides ("I invoke the power and presence of my beloved spirit guides. Come forth, dear beings of light. Reveal yourselves to me. Help me take the next step on my soul path.")

Ask your spirit guides to help remove all implants, imprints and negative karmic patterns from the astral, etheric and causal bodies.

You can call in the Arcturians, the originators of the timeline healing process, using the same format as above.

Combining the Timeline Healing Meditation with other Meditation Techniques

Timeline healing is compatible with many guided meditation formats, including hypnotherapy, past life regression, and soul retrieval work. You can weave the structure of timeline healing into these and other techniques, or do the opposite — weave the other techniques into the structure of timeline healing. How to do this specifically is covered in the

advanced training.

Dispelling Entities before, during and after Timeline Healing

You can dispel entities that are interfering with your well-being using standard clearing techniques. However, there are cases where entities disappear if they know a healing is coming. Also, if you go back into the past to do a healing, you may encounter entities there. You can "dial in" the time-space coordinates of unwanted entities and remove them in real time. As long as you do not alter the original dominant timeline sufficiently to violate free will, you can go anywhere in the tapestry of time-space and perform entity removal techniques. If such removal violates the free will of the entities or those being interfered with, the healing will simply have no results.

We hope this discussion has shown you the versatility of timeline healing and working with possible and probable timelines. Now, let us fulfill our promise to spend more time on the subject of activation.

Chapter 11 — Activating Alternate Timelines

- In this chapter, we will explore some of the details of activation. The process of activating a timeline involves infusing the timeline with energy, power, focus and intention. This is more than just a mental activity. It involves the ability to direct energy outward from the center of Being.

There are no idle thoughts. Everything you think about, fantasize, or visualize has some degree of reality. This means there is some energy on a possible timeline that reflects whatever you are thinking about.

Do not be horrified at this idea. Most of what you imagine does not have enough energy and collaboration to change the dominant timeline. There was a popular exercise many years ago. When people had negative thoughts and caught themselves indulging in such, they would immediately say, “Cancel! Cancel!” This effectively negates many thoughts, although in order to be completely effective at blocking negative thoughts you must go deep into the subconscious.

There is another common saying, “Be careful what you wish for. It just might happen.” This applies equally to positive and negative outcomes, of course.

If there is something undesirable in your life and it is primarily due to your own creations, then it means you probably have negative thoughts buried in your subconscious mind that are creating the undesirable results.

However, most thoughts that are producing results in your life have a lot of energy and intention on them, or they have been repeated hundreds of times over many years.

For example, let’s overly simplify this and say that you have one possible timeline of wealth and another one of poverty. Your dominant timeline will be the composite (average) of your thoughts about wealth and poverty. If you believe you must work hard and that by working hard you will be wealthy (that is the dominant thought in your subconscious mind) then it is likely that you will have wealth and find yourself working hard to earn and maintain it.

So how does one actually “activate” a timeline? What is the energetic process involved? It is difficult to put into words, but let us attempt to do so.

As you probably know, each human being is an energy center, or matrix of consciousness embodying at least six levels (according to this author’s model system). Prana, or life force energy, emanates from the center of being (roughly equivalent to the heart and solar plexus of the human body). Every human being is a broadcast center or lighthouse, although the quality of the light may vary tremendously.

Imagine that in addition to the obvious electromagnetic radiation of the human aura (and the astral, etheric and causal energy fields of the “subtle” bodies), the energetic matrix of the human soul is also being broadcast through time as well as space. While the intensity of the EM field around the body seems to diminish with distance, it is true that your aura is affecting beings in a distant galaxy (though probably not enough for most to notice).

As you radiate your energy field outward from the center of your being, this radiation also goes out through time. You are affecting not only the dominant timeline of this world, but also the dominant timelines of each individual living in this world. In addition, you are affecting the possible and probable realities (the parallel time frames) of each human being.

Let’s take an obvious example. A man approaches you on the street. You sense the presence of this being and start wondering whether or not he is going to talk to you or ask you for

something. You start to imagine several possible realities — he will simply say "Hello," or he will ask for directions, or beg for money, etc. Perhaps he will seem to ignore you, but you are already part of his dominant timeline because he perceives you coming into his reality.

The quality and content of your consciousness may play a pivotal role in what actually happens when you meet. If you have received a lot of programming and conditioning that says, "Be friendly and greet the stranger," it is likely that you will create a probable reality of having a pleasant conversation as the man passes you, especially if he is similarly programmed.

It is possible to fairly accurately predict some of the future timelines in a given situation. What is not so obvious, however, is how much energy is being infused into a given timeline. A highly evolved soul with a lot of energy might greatly influence reality to achieve a particular outcome, while several relatively low-vibrational souls may seem to have a lot of difficulty influencing the situation. There is no exact mathematical formula for how influential certain people are, but there are generally agreed-upon perceptions. "Some people can sell sand in the desert," remarked one person. They are so forceful and persuasive as to convince a lot of people to buy their products.

On a human level, feeling the energies of the heart and solar plexus, having a strong desire to manifest a particular outcome, learning various social and marketing skills, etc., are the keys to creating powerful outer results. But really it is the state of one's consciousness that determines a specific outcome. Clairvoyantly it is possible to "see" the patterns of energy as they emanate from a highly influential person. As these patterns intermingle with the energy patterns of other souls, they either enhance or cancel out many of the vibrations of each soul receiving the energy.

If you come together with a group of like-minded, high-energy people, you are capable of creating a powerful probable reality — a strong potential timeline — that will then interact within the tapestry of time-space as a highly activated strand in the fabric. This is the purpose of the so-called "master-mind groups."

While some of this seems obvious, there are many factors that are not so obvious, such as the influence of beings in the astral, etheric and causal planes, spirit guides, angels, archangels, and nature spirits. In addition, you have the karmic agreements and contracts of the various souls involved in the creation of a timeline.

For example, some souls came to Earth to learn how to create financial wealth, while others want to learn about poverty. These pre-conceived energy patterns are constantly radiating out into the world for as long as the karmic agreement or contract is in place. Many souls are heavily influenced by childhood trauma or negative programming they received while growing up. If you were the recipient of a lot of belief systems about being a victim, then you will likely create a lot of victim experiences in your dominant timeline. Someone else may be living essentially a parallel life, going through almost the exact same roles and rituals, and yet they seem to have no experiences of being a victim because their programming is different.

Identical twins may be alike in almost every respect externally, but most of the time their life experiences are vastly different.

When dealing with karma, it is important to remain in a state of love and compassion and refrain from judgment. The person constantly creating disasters is not necessarily a bad person who is being punished for his sins. While you might notice a negative pattern in someone and see that bringing this pattern to his attention might help him overcome a problem, this does not mean you should judge that person or decide that you know what is right for him. Part of the purpose of this section of the book is to broaden your horizons regarding how and why people create what they do in their lives. We encourage you to have appreciation for the powerful, creative

urges that exist in every human being.

Learn to resist the temptation to teach or heal everyone you meet. While there could be many souls for whom it is appropriate to offer assistance, there will always be those that you should leave pretty much alone. On the other hand, do not fall into the mistake of thinking that the answer to everything is to remain detached.

You can seek to know why things are the way they are, but do not make the mistake of over-simplifying this with blanket statements such as, “It’s their karma. They created it. It’s their problem.” You might instead ask yourself, “Do I have a role to play in this drama? Is there anything I can do to be of service in this situation? What is my highest option (optimum timeline) regarding this situation?”

While we do not recommend becoming obsessed over something, sometimes the energy of obsession is useful in creating a reality that might otherwise seem difficult or impossible. If Edison were not obsessed with creating a working light bulb, would it have been invented, or would he have given up prematurely?

There is a fine line between putting intense energy, focus and intention into something in order to charge the possible timeline with a lot of energy, and becoming obsessed or impatient with “trying” to create something. A soul that is always trying really hard to create something is usually being driven by a desire to overcome a deep belief in lack and limitation. Trying too hard to create anything implies that you have a lot of doubt and fear below the surface and that you are trying to convince yourself that you can actually create what you want. This energy of trying to force the universe to do your bidding may yield some limited results, but the outcome will not be satisfying.

The opposite extreme is over-reliance on the natural unfoldment process of the universe. This is the belief that God will just drop something in your lap and there is really nothing you need do to bring it about. While at times this might be the solution to an existing problem, you are failing to recognize that you are a co-creator with God and that God is creating through you.

The best policy is to learn the mechanics of the creative process, utilize visualization, affirmation and the harnessing of intense feelings, state your intention, feel your intention, and then trust the process of Divine manifestation. It is a bit like growing a garden. You must understand how to purchase the right seeds of the highest quality, know how much to water them, etc., before your garden will be successful. However, you do not dig up the seed every day to see if it has germinated. You trust that planting at the right depth, in the right kind of soil, and with the right amount of watering will yield a wonderful plant. You learn the process and then you trust the process.

It has been said that the fourth dimension (generally considered to be the dimension of time) is a practice pad for creator gods. However, creativity, as defined by the world, depends on linear time, as in setting goals, making commitments, being persistent in achieving those goals and commitments, etc. You are taught that the mind is the main instrument of creation and that simply changing your thoughts allows you to change your outer circumstances.

While this is somewhat true, it is not the whole picture. The power of God, acting through human souls, is activated by aligning one’s energy body with one’s mental goals. In other words, creating from the center of one’s being and not just the mind, is the key. In most healing modalities, the center of being is considered to be the heart chakra. However, we are suggesting that the solar plexus chakra combined with the heart chakra, is the way to embody power and creativity.

One of this author’s favorite statements is, “What you focus on, you become.” This is, in a

way, the supreme law of the fourth dimension — the practice pad of creation. You, the gods in training, must learn how to direct your energy and intention to create what you truly desire. You must not only visualize and imagine your desired reality, but you must infuse the probable timelines of your creation with the power and energy of your heart and solar plexus (and to some extent, the other chakras as well).

There are several reasons why most human souls do not experience a sense of being powerful creators. In other words, you might be wishing and hoping for things to change, but they remain stubbornly the same, year after year.

What are the blocks to creativity? This subject has been explored in previous books, but let's update the list of blocks and put emphasis in different places this time.

The first (and what should be the most obvious) block is not knowing what it is you truly want to create. The vast majority of this author's clients want to get clear on their life purpose and mission. If you are not excited about what you are creating, it is likely that you will not put much energy and intention into creating it. For example, suppose you work at a job you don't really like, rationalizing that you need the money and that there is nothing else you can do that pays as well, etc. Of course, this is a limiting belief, but it becomes a self-fulfilling prophecy because you are simply going through the motions of life instead of living passionately. Your power and energy are toned way down and you are compromising your life purpose. There is an inner conflict between the part of you that wants to follow your true path, and the part that is afraid of leaving the comfortable, secure job.

Of course, closely related to not following (or knowing) your purpose and mission, are the core negative belief systems that were programmed into you from an early age (and from past lifetimes). To review, these include "I'm not good enough," "I'm not worthy," "Something is wrong with me," etc. Perhaps the biggest core negative belief regarding the ability to create is, "I am powerless." This stems directly from the belief in separation from God. Therefore, your highest priority should be to release this false belief. Since the subconscious mind takes things literally, you need only convince it that you are One with God and live your life as if this were true (since it really is true). This is one time when the Hollywood advice, "Fake it until you make it," is good to follow.

Of course, as you reprogram your subconscious mind (using various reprogramming techniques), everything that is in opposition to the knowledge of your Oneness with God will rise to the surface of your mind to be released. You might discover that you are angry with God and that you have an investment in failing (as crazy as this might sound).

There are other belief systems that can get in the way of realizing you are a powerful creator. One such belief is that you might lose the love of those closest to you if you become too powerful. Maybe you received love and nurturing when you failed. Perhaps you were helped by your parents and you equated this help with love. Many young people, when they first leave home, encounter financial difficulties above and beyond what could be expected in the early years of building a life. Although it might not make sense intellectually, receiving a check from parents will likely make you feel like you are being loved by them.

Closely related to the above is the sense of responsibility that comes with worldly success. Even if you are not obsessed with making money, you probably have a definition of success and the responsibility that comes with it. As you rise in popularity and effectiveness in your profession, others may come to expect a certain level of performance from you. You have an image to uphold. Now, instead of infusing your desired timeline with positive energy and enthusiasm, you are sidetracked into worrying about the approval of others, or are concerned

with losing your status (level of success). Maybe you spend a lot of time contemplating your investments and strategies for making your money grow instead of focusing on your creativity.

Running a successful business usually takes a lot of time and energy, even if you are an effective delegator (have responsible employees doing much of the work). When you are meditating on what you want to create, fears of becoming too successful and not having enough time for yourself and your loved ones might get in the way of your creative abilities.

So, to elaborate, the reasons creator gods on Earth (human souls) are not more effective at activating possible and probable timelines, are as follows:

1. *Fear of one's own power and the responsibility that comes with it.* This is an understandable fear because we observe the way certain souls on Earth (specifically, those who perceive themselves as powerful and in control of the planet) have misused their power to control and manipulate others, often with complete disregard for the consequences of their actions. As stated earlier, this is false power. A being who has truly realized his power has no need to oppress or enslave others, or hire mighty armies to defend a set of beliefs, or attempt to control society through a banking system that exalts a few at the expense of the many, etc.
2. *Long-held belief systems that say you are a helpless, powerless human being*. We repeated above some of the core negative beliefs that have been explored in earlier books. All these beliefs stem from the perception that we are separate from God. This is a false perception that arises due to identification with the material form (and material world). The belief in powerlessness takes many forms and is deeply ingrained within the subconscious mind of nearly every human being on Earth. It takes continuous and persistent re-education and reprogramming to overcome this belief.
3. *Constant distractions from family, friends and society*. When we are busy working on ourselves, it seems everyone wants to distract us. Suddenly there are unexpected crises, relatives that just happen to be in town, accidents and illnesses. Some of these represent resistance on the part of the soul to move out of comfortable, familiar mental territory, while others are simply part of the drama of life. We have spent quite a bit of time discussing resistance and the many forms it manifests. Learn to recognize these many forms before they take hold of your entire being. Learn to say "No" to those who would monopolize your time. Set a strong intention and stick to your promises and priorities. Handle your fears of success.
4. *Guilt about being more successful than your parents and/or siblings*. Some souls have a family dynamic involving parental jealousy or envy. Although parents often say they want their children to succeed (and really do desire this on many levels), oftentimes immature reactions arise if the child is too successful. This can come up due to the fear that the successful child will be so busy enjoying his success that he won't spend time any more with "dear old Mom," or something like that. Suddenly, the family will seem too ordinary for this great successful son or daughter. The flip side of parental jealousy is guilt on the part of the successful child. Sometimes this takes the form of sending large portions of one's income to struggling family members, or downplaying the success during family reunions. "I hear you are now the CEO of a large company," says Dad. "Oh, it's really nothing. Just a label," replies the son. While this type of success does not have much to do with activating timelines, it illustrates one of the dynamics that keep us locked into old ideas of powerlessness.
5. *Inability to concentrate, contemplate and meditate.* There can be many reasons for this, including lack of adequate sleep, bad diet, distractions (detailed above), and poor physical

habits such as bad posture, etc. You cannot force yourself to meditate. Trying to quiet the mind is nearly impossible. Start by being aware of your inattention and restlessness. Do not fight it, but stay on top of it. Observe how the distractions begin. Notice how you wander away from the moment and follow a distracting thought or feeling. Although we are often taught to concentrate as students in primary and secondary school, the methods used are often based on strict discipline — attempting to force the mind into obedience. Discipline is seen as a necessary evil, something to be dreaded and avoided if possible.

As we learn to remove the barriers to radiating powerful energy from the center of Being, we finally learn to tap into the unlimited resources of God within.

How do we Activate our Possible and Probable Timelines?

First, we must clearly articulate our intention through a purpose or mission statement. What do we intend to create? What is our purpose and mission?

Second, we must know that we have the capabilities of creating what we truly desire. We need to reprogram all the core negative beliefs in the subconscious mind. We need to remind ourselves often that we are powerful, creative, intelligent spiritual beings.

Third, we must eliminate the distractions. Setting aside a space for meditation, blocking out a period of linear time for working on the vision, and refusing to be drawn into the dramas of others around us, are a few ways to do this.

Next, we must bring our energy and attention to the heart and solar plexus. We will still use the mind as part of the equation, but it is not the dominant factor. We must feel and know that we are creating what we truly desire. We radiate this powerful energy from the heart and solar plexus out into the ethers. This energy then infuses itself into the timeline we want to bring into dominance.

Basically, we are jumping from our current dominant timeline into a probable timeline of our choosing. As we activate this probable timeline, our energy goes into making it happen. Focusing on the center of our energy body causes us to bypass the doubt and fear mechanism of the ego. It’s easy to talk about what we intend to do, but more difficult to actually do it. By centering in the heart and solar plexus, it is much easier to spring into action.

Of course, action alone is not enough. It must be a centered response, not just busy-work. Quality is more important than quantity. It does no good to spend ten hours per day working on your vision if your work habits are bad or you are not following the advice of your Higher Self.

Ask your Higher Self to help. Imagine a golden, radiant, loving light coming directly from the heart of God into the crown chakra. Ask your Higher Self to assist in the creation of your vision. Eventually you will realize that you *are* your Higher Self and that there is no separation whatsoever between you and your true being in the higher realms.

Through you, your Higher Self will activate the probable timeline and bring it into the dominant timeline. You are now demonstrating your ability as a conscious creator.

Infusing the self with prana, or life force energy, and then directing this energy outward into the world, is another way of describing activation of parallel timelines.

Raising your vibratory level (elevating consciousness or increasing awareness) causes you to be able to retain a higher degree of creative energy. In essence, you are able to focus and direct more energy into a project.

Finally, you can ask your Higher Self to put you into the optimum timeline for your soul

growth, happiness and well-being. There are an infinite number of possible timelines, but only one that maximizes all the qualities and virtues you desire to manifest. You can ask that every decision you make be the best possible one as you move onto the optimum timeline.

A 10-Step Summary of How to Increase Your Vibration and become More Powerful in Activating Timelines

Here are the main criteria for being a powerful creator on Earth:

1. Raise your level of vibration (the higher the level, the more powerful the manifestation of creative abilities);
2. Replace negative thoughts with positive, creative thoughts in the subconscious mind;
3. Be grounded and present in the physical body;
4. Consciously direct energy outward from the heart and solar plexus;
5. Visualize and affirm your intended results;
6. Establish a high level of awareness of your connection with your Higher Self, spirit guides and God Presence;
7. Become aware of and take advantage of the degree of positive and negative programming and conditioning from earlier in life (for example: having highly creative parents who encouraged you to investigate and explore);
8. Be persistent and consistent in carrying out intentions, plans, goals and objectives;
9. Examine and utilize your social abilities, social status, business and marketing skills; and
10. Surround yourself with successful people who are following through with their projects and programs.

So far, we have been talking about the state of consciousness necessary to activate possible and probable timelines. However, let us now turn our attention to collective energies and their abilities to influence the various timelines.

Group Collaboration and Group Activation of Timelines

The master-mind process is a technique employed by small groups, including boards of directors of corporations, trustees and council members of various organizations, church and meditation groups, etc. The master-mind process is designed to amplify and magnify the creative energies of individual and group projects.

The personal master-mind group receives input from each individual member regarding personal goals. For example, Ben wants to start a healing practice, while Sara wants to have a successful home delivery business. They have eight people in their master-mind group. Each person expresses their personal desires, goals and visions with the entire group. Each member then affirms, visualizes and prays for the individual members. All eight people, for instance, will contemplate Ben’s desire for a successful healing practice, will visualize him being successful, and will say affirmations stating that Ben’s success is assured. Then the focus will shift to Sara, and so on.

Typically, a master-mind group meets once a week to share their successes and challenges, and every day between meetings the members go into meditation and visualize and affirm for

each member silently.

Having several people all visualizing and affirming for you greatly increases the energy being infused into your probable timeline. It is not simple mathematics to determine how much energy is being directed toward a specific outcome. As stated above, there are many factors that go into determining how powerful a creative urge is going to be when it comes to manifestation. It is safe to say, however, that if your master-mind group is highly focused and committed to helping each member, then having eight people all affirming for you will increase the energy being infused into your project by at least eight times and probably much more.

Of course, it is important to weed out any participants who secretly want you to fail, or that have a great deal of victim consciousness or defeatist mentality. When you are forming a master-mind group, be careful who you invite. Do not share your intentions with souls who are not supportive, or who play "devil's advocate." They may mean well, but their presence is poisonous to your creative venture.

Collective timelines that have hundreds, thousands or even millions of members are, of course, the most powerful in their ability to move probable timelines into the dominant timeline. Praying for world peace, for example, is not just a silly metaphysical exercise. If one million people around the world are visualizing and expecting world peace, it makes a tremendous difference, especially if the chances of world war are around 50 percent (as they were at the time of this writing). It is likely that such groups meditating for world peace are precisely the reason world war has not happened (as of the time of this writing).

While it is not a good idea to attempt to force your will onto other people, your presence alone may be enough to shift the balance of power from evil to good (as those terms are commonly defined). Being an example of a better way of living is infinitely more desirable than trying to force someone to adhere to your standards. Radiating powerful energy from your heart and solar plexus out into the world will do more to bring about world peace than joining humanitarian organizations (although that might also be a good idea).

Using this example, you must, of course, clear any negative thoughts and feelings out of your being in order to avoid polluting your intentions. Praying for world peace while harboring great anger toward tyrants and dictators will greatly reduce your effectiveness. Mixed energies being sent into probable timelines can produce unpredictable results. In some cases, such thoughts might simply slow down the manifestation process, while at other times they can reverse the intentions and create a negative result.

Remember that if you want to know what is in the totality of your consciousness, look at the totality of your life. Your life will reflect what is in your consciousness. While this is true, it is not the whole story. The world you see is a combination of your own state of consciousness blended together with the collective consciousness of humanity.

If you are clairvoyant, you might be able to see the tapestry of time and space and observe how energies emanating from human souls are "lighting up" or "diminishing" the various possible and probable timelines. This is how spirit guides in the higher realms are able to foresee probable futures for humanity. They can literally see, feel and know how much positive energy is being infused into a particular reality (and how much negative energy is opposing it). By evaluating the state of humanity's consciousness, they can make reasonably accurate predictions regarding the future of the world.

Your Level of Vibration Determines Your Power to Activate

The degree of power you are able to radiate out into the universe is a function of your overall level of vibration. This is not a linear scale. For example, a person vibrating at 5.0 does not have 25% more creative energy than a person vibrating at 4.0 (and a person vibrating at 6.0 does not have 50% more creative energy than someone vibrating at 4.0). The scale is exponential (accelerated) and in some cases logarithmic (greatly accelerated). An example of an exponential scale would be to say that a person vibrating at 4.0 has one unit of creative power, while a person vibrating at 5.0 may have ten units of creative power, a person vibrating at 6.0 has one hundred units of creative power, etc.

A logarithmic scale would be even more pronounced in its effect. Perhaps a person at 4.0 would have one unit, while a person at 5.0 has 32 units, and a person at 6.0 as 1,440 units, etc.

It has been estimated that if souls vibrating at 3.62 (the average consciousness of humans on Earth at the time of this writing) have one unit of creative power, then souls vibrating at 6.00 have about one hundred thousand times as much creative power. Imagine what 100 souls with an average vibration of 6.00 could do to activate collective timelines (they would have 10 million times as much power as the average human being).

The actual numbers are, of course, very difficult to derive, especially since the vibration of souls varies from day to day and from hour to hour. What you as an individual soul can do, is to keep raising your vibration, purifying your mind and emotions, releasing your core negative beliefs, and focusing your energy from the center of your being out into the world. Know and intend that what you desire is already coming to pass. Align the various levels of your being with your Higher Self. Visualize the probable timeline you are working on becoming merged with the dominant timeline. Join or start a master-mind group. Imagine the timeline you are working with is spread out before you like a highway. See your creative power pouring forth from the center of your being and lighting up the highway. The path is glowing brighter and brighter with every breath you take. Feel this path with your whole being. You are the path. You are One with the creative power that is activating this path.

The Frequency Barrier and its Effect on Timeline Activation

As you probably know, there is a negative psychic field within the Earth that has been held in place by the frequency fence that surrounds the planet. This barrier makes it very difficult for most souls to function psychically and telepathically, and seems to sap much of the strength and power that is directed by souls with the intention of influencing the dominant timeline.

In addition, there is a concentrated effort by the so-called “dark forces” to interfere with the accomplishments of the lightworkers on Earth. Many teachers and healers have experienced difficulty in recent years performing their tasks and remaining in a clear state mentally and emotionally. While most of this is simply due to the fact that there are more layers of negativity to heal, the old patterns and structures seem very solid at times and unwilling to yield to fresh new energies.

Although the Earth is ascending rapidly in vibration and has been doing so for several decades, the rate of change often seems to be slowing down. Most prophets and seers continue to predict a more rapid rate of change than that which is actually taking place in the linear time frame.

Thought forms and beliefs are very powerful, and a lot of souls are attached to the current version of the dominant timeline (or at least the parts of it that seem stable). This dedication to keeping things the way they are is failing, but does have the effect of slowing down the

prophesied changes. Frequently, seers and visionaries become discouraged when things do not happen within the time frames originally predicted, and they blame themselves for being "overly optimistic or pessimistic" depending on the type of prophecy. Others are quick to say that a failed prophecy is a successful prophecy if it is negative, meaning that because of the original prediction, the catastrophe was avoided and that is why it did not happen the way it was "supposed" to happen.

While these seeming imbalances are partly correct, the bigger issue is simply the fact that billions of souls believe strongly in the solid reality of the physical plane, along with its comforts, securities, and predictable behaviors (Newton's physics).

Often souls complain that it takes so long to heal certain negative mental and emotional patterns, without realizing that they have been locked in these negative patterns for thousands of years. Now, in just 20 or 30 years, many of them are breaking free of the frequency barrier and, if it takes a few extra years, are getting impatient.

As souls awaken, they begin to remember worlds where they were able to command the elements, communicate telepathically, and ensure a life of leisure and prosperity for themselves and their families. Then they look at the Earth with its seemingly endless war, poverty, misery and suffering, and they feel like failures for not being able to nearly instantly put a stop to this.

Some countries on Earth must experience what appears to be dire failure before they can re-emerge in a new light. This is the meaning of the phoenix rising from the ashes. The economic and political systems on Earth are almost 180 degrees opposite enlightened patterns. In other words, they are designed to suppress truly revolutionary ideas and reward those who embrace the "old-school" attitude of domination and control. It is simply not possible to create a smooth transition from an unenlightened "dog-eat-dog" world of capitalism or communism, to an enlightened system that brings prosperity and illumination to all human beings.

Even the Titanic did not sink immediately. Huge empires, such as the United States, are crumbling slowly at first and then picking up speed as the Earth's frequency increases. This is necessary since the country has been in such an extreme state of imbalance that tearing things down and starting over is probably the fastest path to enlightenment.

It matters not what political party you support in the old structure. As one social scientist once stated, "Changing political parties is like re- arranging the deck chairs on the Titanic."

The focus of this discussion is to point out that when large numbers of human beings become attached to the status quo, the changes must start slowly and then accelerate over a period of decades. You are now in that period of acceleration. At first it might seem that you still cannot influence the dominant timeline all that much and, in some ways, that is true. However, do not become fooled by appearances. You are far more powerful than you realize. Your presence on this Earth has already greatly altered the course of human affairs. From a higher perspective, this is how it is meant to be. You are exactly where you need to be, doing exactly what you need to be doing right now.

The more you reinforce the truth that you are a powerful, creative, spiritual being and know that ultimately you are a master of time and space, the faster you will realize this truth in the world. Maybe it will take 35 years and you are on year 30. You will eventually tip the balance in favor of your creative power.

Some souls seem to need to "hit bottom" with total despair before things change dramatically. This is due to ego resistance. The ego is used to feeling powerless and keeps projecting these feelings repeatedly as you attempt to change the dominant timeline. You can never actually be powerless. That is impossible. Yet your belief in powerlessness is very strong and seems to block

your attempts to activate your desired timeline.

No matter how bleak things look, with the prospect of a third world war, irreparable damage to the environment, and continued suffering and misery, remember that you are powerful beings and have the ability to bring about great changes. Many souls need to go through what seems to be hopeless circumstances — a dark night of the soul — before emerging into a new light.

Continue to visualize, affirm, and feel the reality you intend to create. Know that no matter what appears before you, the creation of your new timeline is in process (unless it clearly violates the free will of other souls). Be willing to be wrong about certain things. Be willing to reassess your strategies. Be flexible. Embrace new ideas and new ways of creating. You will be given everything you need to succeed in activating your new timeline. It might not come in a form the ego recognizes, but the phrase, "Ask and ye shall receive; seek and ye shall find, knock and it shall be opened unto you," is as true now as it ever was in the past. Examine the ways in which you are asking and receiving. Ask from the depths of your being and become still in order to receive the answers. Feel the answers. Do not rely exclusively on your mind. Move into the center of your being. Be the powerful lighthouse that you already are (and remember that lighthouses are not built in safe places).

Channeling #9 — Message from the Founders

Greetings, dear Creators, we are the Founders. This message will be brief and to the point. Never, ever, believe for one second longer, that you do not have the power and presence of God within you. Remember the statement of truth, "With God, all things are possible." With you, all things are possible.

As Lord Sananda pointed out several times, there is only one problem in all of Creation, though it takes many forms. That problem is the belief in separation. Because your beliefs are so powerful, you can create unlike the original blueprint of Creation. You can seem to cause separation to occur in this unified Kingdom of God. That is how powerful you are. Yet even with the power of your beliefs, you cannot alter the changeless, eternal aspect of God.

So while you put up shield after shield against the light of truth, that light continues to shine unabated, hardly aware that a tiny part of itself is in rebellion against the larger part of itself.

This is the greatest paradox of all. In truth, you cannot be separate no matter how fervently you believe otherwise. This is your salvation. It is like the "undo" feature on a word processor, except we are talking about your life as a co-creator with God. This lower-dimensional realm of "maya" that you seem to find yourselves in can be erased or undone.

Like the sun, truth keeps shining no matter where your consciousness resides. Dark clouds, fog, rain, snow, etc., do not diminish the sun in any way. Experiencing the night only means the Earth is facing away from the sun temporarily. Again, the nighttime in no way diminishes the sun.

Your "dark night of the soul" that seems to keep you gripped in fear and doubt makes no difference at all to the eternal, unchanging love of God.

Once you realize these truths, you reclaim your rightful place as a powerful child of the Infinite. We, the Founders, go with you as you awaken to the truth that all is One, all is complete, all is peace.

We are the Founders. Good day.

Chapter 12 — Time Management

Here are some more practical applications of the ideas presented in this book.

Effective Use of Linear Time

There can hardly be anything more practical than learning how to manage your time effectively. While this is largely irrelevant to the more abstract and lofty ideas presented in this book, it is nevertheless wise to master the art of linear time management. Regardless of how fast or slow you think time is going, most of the world still relies on the clock and calendar. It is best to have a clear picture of how you want to spend your linear time and to avoid "wasting" time. The idea of time wasting is ultimately an illusion but as long as you live in a world of illusions, it is a great idea to manage time effectively.

What is the secret to effective time management? Is it to rigidly adhere to a strict schedule and structure in your life? That does not sound very exciting or inviting. Sooner or later, the person on a strict schedule will rebel — if not openly, then covertly within the subconscious mind. Things will seem to suddenly or gradually creep into your tight schedule, disrupting it at every turn.

When you state your purpose and mission clearly and set out to accomplish it, you will undoubtedly face resistance from the parts of you that do not want to change, or that believe they do not know how to change. Resistance and bad habits are the greatest barriers to effective use of linear time.

Let us put the elements of time management into perspective.

- Know your purpose and mission in life
- Prioritize — know what is most and least important
- Eliminate your bad habits and heal addictions
- Recognize the nature of distractions
- Overcome your resistance to change
- Handle your fears of success and failure
- Honor your commitment and persist
- Reward yourself for your accomplishments

Know Your Purpose and Mission in Life

The number one question clients have when they come to this author for consultations regards purpose and mission. This is also the number one issue when starting a business or organization. Without a strong sense of purpose and mission, it is nearly impossible to be successful in any major venture.

Even if something seems to "drop in your lap," it was first intended by a deeper or higher part of yourself or you would not have attracted the situations and events that precipitated the "lucky" occurrence.

Although it might appear that there is such a thing as chance, this is an illusion.

It is possible to achieve a lot without consciously working hard toward a goal. Put another

way, you might have a strong inner sense of what you want but not be conscious of it in your daily life. Looking back on your life, you can see that there was a guiding force behind almost every seemingly random occurrence.

However, the mind needs something to do. It is not enough to spend every day doing nothing but meditating (unless you are a yogi living high in the mountains). The mind can be put to work in such a way that it cooperates with the other parts of yourself, rather than constantly interrupting you with worries and concerns that may or may not be relevant to what you want to accomplish.

Therefore, you can use the "Future Timeline Linking" technique that was briefly described earlier in this book to get your mind focused on what you intend to create.

What if you have no idea at all what it is you want to be doing with your life? Sometimes people in their 50s, 60s or even 70s might not know their purpose in life. We gave a short version of this technique earlier. Let us now elaborate.

Technique for Determining Your Life Purpose

It is really very simple. What brings you the greatest joy in your life? What makes you feel the most fulfilled? For just a moment, stop being practical. Do not worry about how sensible you are. Just focus on your favorite pleasures. Then go a step further. Ask yourself the ultimate question regarding purpose: "If I had unlimited time, money, energy and talent, what would I be doing with my life?"

These are the four things people use as excuses for not moving toward their purpose. (They believe they do not have enough time, money, energy and talent.)

The first excuse, not enough time, will be dealt with below. The other excuses can and have been overcome by a lot of very successful people. How many stories have you heard about souls who faced seemingly insurmountable odds, such as being poor (lack of money), sick (lack of energy) and growing up in a depressed place (lack of opportunity to learn skills and talents) who then went on to achieve great things.

Sure, it is easier if you are born into money, have a strong physique, and are exposed to high quality education while growing up. But it really does not matter about your life circumstances, because who you are is what makes the difference. Every soul is born into this life with a purpose. It might or might not conform to what society considers a useful means of expression. As long as you buy into the belief systems of family, friends and the world, you will likely suppress your true desires in favor of something "practical."

This is not to say that every person who wants to be a painter should quit his day job and spend every minute painting. There might be what this author calls "stepping stones," activities that are not directly related to purpose and mission, but that become necessary along the path during the preparatory phase of expressing your true desires.

The author spent many years doing work that was not directly related to his purpose and mission, while offering his healing and counseling services as a sideline business. Then, at a certain point, he received guidance that it was time to do his work full-time, and everything came into place for that to happen.

So let's review the technique for determining your passion.

(1) Write down (or type) all the things you enjoy most in your life. Do not censor the list or make it practical. You might have things like "listening to music" or "spending time with friends." Put them on the list. See if you can fill up an entire page. At first you might think there

is very little you enjoy doing in life, but you will soon discover that you have a lot more things you like than you realized at first.

(2) Pick one, two or at most three things from that list and put them at the top of the next page. Now make a list of all the possible ways you could have a business doing those things.

The idea is to fill up an entire page with possible businesses that involve your passion. Then select the one that feels the best. If you visualize yourself doing this successfully year after year, how do you feel during the visualization? If you feel light, happy, clear, energetic and calm/peaceful all at the same time, then this is a right path for you.

(3) Once you have determined your right path, then you become practical and list the steps required to have a successful business doing what you love.

Is it hard work to become successful doing what you love? Yes, probably. But it won't feel like hard work because you are doing what you love, even if setting up the business takes 60 hours a week for two or three years.

Prioritize — Know what is Most and Least Important

As you go through life, you might have various "To-Do" lists. Will everything get done on your lists? Almost certainly the answer is "No." But if you prioritize, the most important things will get done.

There are 168 hours in a week. A lot of people work 40 hours, then when you add lunch and commute times, it might end up being 50 hours or more. Yet that still leaves 118 hours. Let's include sleep time (with rituals before and after sleep, such as preparation, shower, shave, makeup, etc.) — maybe six hours of actual sleep plus one hour of preparation, or 49 hours per week. That leaves 69 hours. What about meals? Let's subtract 14 hours per week (not including social engagements involving dinner, etc.). Now we are at 55 hours.

This 55 hours includes spiritual practice, family time, games and recreation (workouts, exercise), social engagements and entertainment, and possibly, time to build a business different from the one you are currently employed in.

If you prioritize these activities and make them more specific, you need to determine how much time it will take to practice or engage in the most important ones. Here's an example:

(1) Family time	15 hours
(2) Spiritual practice	14 hours
(3) Building a second business	14 hours
(4) Games and recreation (workouts, exercise)	7 hours
(5) Social engagements and entertainment	5 hours

This would be a general guideline. Your priorities will likely vary from this hypothetical person.

What about Flexibility?

Glad you asked. It is important not to be too rigid with your weekly schedule. Especially since unexpected events can come up, such as illness, accident, surprise visits from relatives, one-time events such as weddings and funerals, etc. Not to mention travel time.

Regarding travel time, often there are many activities that can be worked into your schedule when you are on the road. However, some things might be harder to do or require more time if you are not at home, such as working out at a gym or going out to dinner.

If you travel a lot, you might need two schedules — one for when you are home and one for when you are on the road.

The idea here is not to lock yourself into a daily routine that quickly becomes boring and lifeless. Nevertheless, it is very difficult to make excuses when you plan out your 168 hours in a manner similar to the schedule above.

This would be a good time to observe your present lifestyle and see if you can estimate what you are spending your 168 hours on at present. If you work a regular job of 40 hours per week, but find yourself spending 20 hours per week commuting, then perhaps it is time to re-evaluate your priorities. You took that job because it paid well but it was in an expensive part of town, so you moved two hours away and bought a cheaper place in order to save money.

How much is your time worth? The 10 extra hours commuting might not seem like much at first, but that's about 500 hours per year that could be spent doing something else. Listening to self-improvement courses during the commute, or using a hands-free phone system as you are driving, to work up your sideline business might help, but you still have the stress of the long commute and the traffic. Let's take a look at another example:

Honest Al made the following assessment of his 168 hours:

Sleep (shower, shave, etc.)	60 hours
Work at a job I don't like	52 hours
Meals (eating out once a day included)	20 hours
Socializing and entertainment	20 hours
Commute	16 hours

Notice that poor Al does not have any time allocated for spiritual practice, exercise or working on his alternative business. And what about family? Maybe he's single and maybe not. If not, he soon will be with this kind of schedule. So what is Al to do to save his marriage (and his soul)?

He should start with examining his priorities. It appears that he is sleeping about eight hours per day, which might be his optimal level, but maybe not. He could try experimenting with seven hours of sleep per day and see if his energy level goes up, down or remains constant. If it goes up or remains constant, then he has just saved seven hours.

He doesn't like his job. At 52 hours per week, he is either working long days, or six days a week plus some overtime. Is it worth it? Can he get a job elsewhere that doesn't require so much time? And what about the commute? That's about three hours per day going back and forth. Is it

worth it to have a slightly cheaper house way out in the distant suburbs?

If he were to find a job closer to home and work 40 hours per week, with five hours of commuting, he would save 27 hours.

Al spends a lot of time eating and socializing. He probably enjoys it and then laments he doesn't have enough time for family, spiritual practice and working on his part-time business. Breakfast could take a half hour, lunch a half hour and dinner (including preparation) one hour. That's 14 hours per week — a saving of six hours.

What about socializing and entertainment? 20 hours a week is a lot. If he goes out Friday and Saturday nights and has friends over on Sunday afternoon, that could amount to about 12 hours — still plenty of time to have fun. Savings: eight hours.

Total savings is now 48 hours per week — enough time to be present with family, meditate and work on the business. Or perhaps he could work out twice a week for two hours each time — four hours — and now he has 44 hours to devote to family, God and his part-time business.

Eliminate Your Bad Habits and Addictions

One of the biggest obstacles to effective time management involves addictive behaviors and bad habits. This book is not designed to analyze, prescribe or otherwise go deeply into the subject of addiction. There are various therapies offered by this author and others that deal with these problems. The purpose of including the topic here is to show how it affects the use of your time.

There are several ways that addictions and habits interfere with, or prevent, your effective use of time. There is the time required to indulge in the addiction or habit. There is the time required to earn the money to spend on the addiction or habit. There are the side-effects of the addiction or habit (as an example, the time required to nurse a hangover after excessive drinking).

As far as time management is concerned, the worst addictions are not to substances, but to excuses. Failure is a habit. Expecting to fail is a habitual response of the mind that is addicted to failure. Why would anyone be addicted to failure?

In some families, the only way a child received love was when he or she had a problem. If you are such a child, you might have equated failure with the receiving of love and attention from parents. While this may seem illogical to the rational mind, emotions are usually not logical.

If you are constantly sabotaging yourself by engaging in useless activities that take you away from your purpose and mission, you may be addicted to failure. In some therapies this is about getting back at your parents for doing a lousy job of raising you. It's called "Failing to get even." That's a pun in case you hadn't noticed. By failing in life, you are getting even with your parents for the poor job you think they did in raising you.

A lot of addictive behaviors are designed to take you away from your emotions — especially negative ones. You have a lot of sorrow and anger from your childhood and you don't want to feel the feelings, so you spend a lot of your time partying and avoiding dealing with the harsher aspects of life. You spend four or five hours nightly at the bar, or all weekend on the sailboat instead of working on yourself and doing your spiritual practice.

When Monday rolls around and you haven't worked on yourself or your projects, you blame yourself, feel guilty, and beat yourself up, which is also an addictive behavior. You are giving yourself the "love" you used to get from your parents every time you failed. Now, instead of hearing your parents say, "Poor little Al. He's having a hard time. Let me kiss it and make it

better," you tell yourself something similar in different words.

Habits are similar to addictions. They might have started out innocently enough, such as drinking with friends in college, but pretty soon you started automatically having a couple of beers after work before doing anything else. You might not be technically addicted, but you are in the habit of two drinks before dinner.

Poor study habits are another enemy of good time management. Discipline does not need to involve rigid adherence to draconian study hours, depriving yourself of fun activities, and constantly pushing yourself to work harder. A good regimen of study involves taking frequent breaks to clear your mind, especially when you get too wrapped up in a subject.

Mental discipline might begin with a meditation program. At first it is hard to discipline the mind. It's like trying not to think about a pink elephant. The more you resist and try to force the mind to be still, the more it rebels. This is why a dictatorial approach to discipline seldom works. We naturally rebel against this method.

If you observe, without judgment, how you spend your time, and you find a lot of wasted hours and days due to addictions and bad habits, begin by staying aware the minute you begin engaging in destructive behavior. If you smoke, pay close attention to the way you hold the cigarette and how it feels to inhale. Observe the feelings before, during and after the cigarette. Are you smoking for more than just to satisfy the craving due to the body's addiction to nicotine? Are you covering up negative feelings? Is this a habit you picked up from your social circle — people who were all smokers?

Do not beat yourself up. Do not judge yourself. Simply notice the detrimental behavior and make a deep and solid commitment to end it.

We suggest you find a good therapist and spiritual practice to help move you out of destructive behaviors and habits.

Recognize the Nature of Distractions

Healing bad habits and addictions is usually not enough to attain balance and poise regarding your use of time. There are so many distractions we could not possibly list them all here.

If you have a family with small children, you will need to factor in a lot of time in your schedule to be with them. In times past, souls had to choose between family, business and spiritual life. They could not have all three. The elders of the society recognized the extreme difficulty of trying to focus on work and spirituality while raising a family. Therefore, in many cultures spiritual life began after raising a family and working a business. However, in this day and age, many of us are being asked to juggle all three. This is difficult no matter who you are or where you live. If you have a lot of money, it might seem easier to hire nannies and caretakers for the children, but this comes at a high cost in terms of having quality time with them.

If you have a private space and you know the best times to be apart from your children — and you have the cooperation of your partner and family — you may be able to allocate some time to work and have a spiritual practice. Once the children can sleep through the night, you might meditate early in the morning before they wake up, and work on your business late at night after they are asleep. Of course, you will need to find time for intimacy with your partner.

When raising a family, expect the unexpected. If you do not have a plan in place for how to deal with unexpected illness, accident or other issues, now is the time to start accommodating. Be flexible. Do not insist on 20 hours per week for a sideline business and 20 hours for meditation if you have small children — it will not work. If you manage to get this much time

some weeks, then great, but do not expect it every week.

Television is a major distraction in most homes. In this author's opinion, there is very little worth watching and it is best to turn the device completely to the OFF position and leave it there.

However, with the advent of streaming services, such as Netflix and Amazon, you can eliminate the commercials and carefully choose programs that are uplifting, educational and therapeutic. You might allocate two hours per day to watching your favorite shows, preferably at the same time every day.

The biggest distraction for most people is, well, people. One of the habits many have is to constantly whine and complain about the unfairness of life. Perhaps you have a friend or family member that keeps you on the phone for hours while she (or he) explains for the 235th time why she cannot have what she wants in life. It's so-and-so's fault. If only things were different. Can you please commiserate with me? Misery loves company, etc.

It's possible, but not easy, to maintain important friendships and family relationships without indulging in time-wasting sympathy and rescue missions for chronic drama queens and drama kings. Set boundaries. Let your whining cousin know that you have a maximum of 30 minutes per day to talk on the phone.

Perhaps the hardest distraction to deal with involves your own thoughts. Everyone who has ever tried to meditate knows exactly what we are talking about. You have one hour to work on a project and one hour to meditate, but your mind keeps wandering and you get sidetracked not only by irrelevant conversations with partners or assistants, but are being constantly sidelined by your own internal dialogue.

The "driver" personality type is best at staying on topic, but such souls tend to be pushy and demanding. If you enjoy what you are doing, then take time to relax and don't be rigidly focused on accomplishments. If you are "amiable" and friendly, that's great, but you might need a bit more discipline and focus. Watch out for "analytical" types that get bogged down in the details of a project. You need both a practical, down-to-earth approach and a big picture perspective.

Learn to balance your left and right brain. The left brain is logical, rational, analytical and detail-oriented, while the right brain is intuitive, creative and big-picture-oriented.

To minimize distractions, learn to listen to your own body and its needs. Don't start your meeting just before lunch when you are already getting hungry. Learn to recognize your natural energy cycles (biorhythms). If your high energy time is 9am to noon and your low energy cycle is 1pm to 4pm, plan your most challenging activities in the morning.

Eat a balance of protein, carbohydrates and fats. Carb-loading, Atkins and macrobiotics are not balanced diets. Each has temporary advantages in certain situations, but a lot of drawbacks. You need carbs for alertness and concentration, protein for endurance and fat for smooth bodily functions. A carb-loading person tends to crash after a few hours and cannot concentrate very well past a certain point. Too much protein causes lethargy and tiredness. Too much fat can cause complacency and lack of motivation. If you feel tired, heavy, bloated or gassy one to two hours after a meal, you are out of balance and need to change something in your diet.

Overcome Your Resistance to Change

While some parts of the psyche thrive on change, a large part resists it. Human bodies do not like sudden change. They do best on some sort of routine. However, life is in a constant state of flux. If you are trying to keep things the way they are, you are depleting your energy reserves by resisting the flow of life.

We are not saying it is wrong to be persistent and consistent in your endeavors. But without flexibility, your “branches” will break in the wind.

Some change is very difficult to accept or keep up with. An example is the constantly changing world of technology. Although this author has a degree in computer science, he perceives himself to be well behind the curve of the latest technology.

Not all change is good. The obsession with texting and social media can act as a distraction, rather than an innovation. Getting away from technology regularly is a great idea.

The greatest resistance to change comes from within. If you are not already successful (according to your definition) — and if you do not already have a great sense of time management — then it is probably your own thoughts and feelings that are putting up the most resistance.

Seeing yourself as a failure may be painful and detrimental in every sense of the word, but it is probably comfortable and familiar like a bad habit. As you break out of your self-imposed limitations, you might experience fear. If such emotions are coming to the surface, breathe and stay present with them. If you have trouble acting on your ideas, dreams and visions, tune in to your body and emotions. Pinpoint exactly where the block is located. At what point do you talk yourself out of taking action? Where does the movement stop?

“I would love to do this, but...” Look for the “buts” in your thought process. Recognize excuses, even when they are clothed in pretty “truisms” and “sacred cow” belief systems. Examples include, “Life is a struggle. I must sacrifice and work really hard to succeed.”

Many people are trying too hard to accomplish their dreams. They are getting in their own way. It’s great to be thorough in a project, but is everything you are doing really necessary? To quote this author, “Are you going across the river to get water?” The water is just as good on your side of the river and it takes a lot less effort to obtain it. In what ways are you making things more difficult than they need to be? When is time worth more than money?

This author adopts the idea that when something costs a little more, but saves time and effort, it is usually worth it to spend the extra money. On the other hand, if something costs a lot more and saves only a little time, it might be better to go with the bargain option. That flight that costs a little more but does not have a stopover is probably worth it. You don’t have the stress of changing flights, possibly having luggage delayed, and needing to eat twice in nutrient-challenged airport restaurants.

The perception of time and money changes depending on how much you make in an hour. Someone who earns $10 per hour has a very different perception of time from someone who makes $100 per hour. This perception also applies to the value of things. If something costs $200 and you make $100 per hour, you might imagine that purchasing that item is costing two hours of your time, while the $10 per hour person sees the purchase as representing two and a half days of work.

Ultimately, your self-worth is infinite, but if you have programming and conditioning around the concept of self-worth, this can get in the way of your success. A healthy attitude goes something like this:

> “My self-worth is infinite. Nothing I do or have is worth as much as my essential Self. As an infinitely valuable being, I can choose to make the most efficient and effective use of time and money possible.”

In earlier parts of this book, we explored the idea that time is not fixed. In a sense you can go

back and change the past as long as this does not interfere with the free will of other souls. At the very least, you can change your experience of the past. The easiest and simplest way to do this is to imagine that everything you have ever experienced includes a valuable lesson that has contributed to who you are today — and who you are today is a magnificent, intelligent, powerful spiritual being.

Changing your perspective on life is always the first step in making positive changes outwardly. If you see life as a series of opportunities instead of a constant barrage of challenges, then you are more likely to embrace instead of resist change.

Remember, there is a part of you that is constant — that never changes — and a part of you that is constantly changing. Learn to become aware of both aspects and observe how they interact.

Handle Your Fears of Success and Failure

For some people, fear of success is bigger than fear of failure. This is especially true if you were brought up in a poor family that believed rich people were selfish, evil or greedy. Being successful might equate to losing the love of family. Now you have joined the selfish, greedy segment of society and the family will shun you.

Another reason some people have a stronger fear of success is because there is a sense of responsibility that goes along with having a "higher" position in society. It might be the literal responsibility of managing employees and/or assets, and the fear of mismanaging other people's financial wealth.

If you are the star of your own business, perhaps lecturing in front of people, you might have a fear that people who disagree with you will attack you, verbally or even physically.

How does this relate to time management? Successful people tend to value time more than money. You might have a fear that if you are very successful, you will not have enough time for family, spiritual practice and other activities. This is especially true in multilevel marketing (networking) businesses, where you must constantly spend time with your downline to keep them motivated and working hard.

If you are an entertainer or personal growth lecturer, it might be challenging to say "No" to people who want your services in yet another city or country. You could be on the road constantly and have a hard time defining any place as "home."

Probably the biggest reason for fear of success is the perception that hundreds, or thousands, of people will want something from you. You know how this works. Someone wins the lottery and suddenly, they have a lot of instant "friends" who want to help them spend their money. It is well known that 80% of people who win the lottery lose or spend it all within a few years. If you have a consciousness of poverty and lack, no amount of money will magically make that consciousness change.

If you believe money is dirty or that rich people are bad, you will have a lot of resistance to being financially successful. You have beliefs that money is not spiritual (often from lifetimes in the church), added to the idea that you will not have enough time for family and spiritual practice.

What about the fear of failure? That one usually stems from childhood programming where your parents had a lot of expectations of you, demanded you bring home top grades in school, etc.

A common time-related issue regarding fear of failure is the belief that there is not enough

time to be successful. This is especially true if you are working at a job you don't like just to pay the bills. You might decide that the risk is not worth it regarding starting your own business. What if you fail? You will be back doing work that you hate. If at first your business is successful, then you've tasted the "good life" and cannot possibly go backwards if the sales begin to drop off.

The fear of disappointing the parents acts as a constant pressure, an over-bearing stress, pushing you harder and harder to make it. There are a lot of people trying too hard to succeed. Almost everyone hates the hard sell approach often employed in certain industries. Underneath the slick sales presentation is something like this: "Please buy my product. If you don't, I'm going to fail, and bad things will happen. Please have pity on me."

This relates to time management because a lot of effort goes into making sure you don't fail. Not only do you spend an excessive amount of time worrying about things that may or may not happen, but you go to extra precautions to make sure they don't happen, even if such precautions make no difference in the final outcome. Perhaps you take out too much insurance, or too many kinds of protection plans.

The best thing to do is observe how much time you spend trying not to fail, instead of simply focusing on success. Although you might seem to be trying to convince others of the worthiness of your services and products, you are really trying to convince yourself because you are not confident of your own ability to be successful.

Honor Your Commitment and Persist

Once you know you are on the right path and feel confident of success, the work is not finished. You must persist, especially during the down part of the cycle. It is a good idea to have several different aspects to a business, or many different projects, so that when one item goes out of fashion for a while, another can come into fashion. Do not get discouraged when you hit a down cycle. This happens in every business to some extent.

Commitment is not just to a business or project — it is to your spiritual practice and anything else that is important to you. It is a good idea to set aside a specific period of time every day for meditation, yoga or some other discipline. Remember to be flexible. Commitment does not mean you become unglued if you receive an important phone call during your quiet time. You might unplug your casual phone and leave the emergency one on, letting people know not to call you during your quiet time unless it is truly an emergency.

Nevertheless, unexpected things can happen during your time of discipline. Respond from the center of your being when something challenging arises. If you are deeply committed to your business, project or spiritual practice, you will find a way to deal with unexpected interruptions.

Building Momentum

How many years do you work on a project before it becomes successful? How long do you spend on the spiritual path before becoming enlightened? How many affirmations must you say before what you are asking for becomes reality (in linear time)?

A snowball becomes an avalanche. A tiny sequoia seed becomes one of the world's biggest trees. Everything in the natural world begins with perhaps a single cell, growing and multiplying into the magnificence of fully mature life.

Ideas are like plants. The seed must be planted and allowed to germinate. It must be watered and cared for, but with the faith that the seed will germinate and find its way to the surface of the soil.

Once you have fulfilled your part in germinating your idea, learn to trust the process of creation. If your project is not coming to fruition, you are blocking it somewhere, probably in your subconscious mind. Negative thoughts are like weeds that choke out your garden.

You can find this information in many places, so we will not go further into the process of faith and trust.

Learn to listen to and have a dialogue with your Higher Self. The more you open to the presence of your true nature, the easier it will be to stay in the consciousness of your all-wise, all-knowing Self. When you feel like giving up on a project (and you know it is right for you to keep going), ask your God Presence for help. Follow the principles of time management given in this chapter and you will fulfill your Earthly (and heavenly) dreams.

Additional Barriers to Effective Time Management

Obsession with Details

Earlier we mentioned the importance of having a "To-Do List" and the realization that you will seldom complete everything on the list in a timely manner. If, after applying the principles described in Part A above, you still do not have enough time in the day to accomplish everything on your list, you need to determine what can be eliminated or postponed.

Some people are conditioned to attend to minute details of a project (including such things as keeping house, preparing dinner, etc.). It might be nice to have the silverware set exactly according to Miss Manners' rules of proper presentation, but do you really need to re-polish the table setting for the fourth time? Does the laundry need doing after wearing an outfit for two hours at a sit-down meeting? Must you take out the recycling before the containers are full if they consist of mostly papers? Remember that busywork can become a habit, or even an addiction.

If you are writing a book, you know that there will be several edits before you are complete, but do you keep finding more and more things to "improve" long after the original deadline? Will the book ever be perfect? In fact, the need for perfection can also be an addiction.

Learn to find a balance between the need for fine-tuning a project and the ability to step back and see the bigger picture. Does the manuscript really need a 16th pass-through after it has gone to the printer? If you find a typo in the demo copy, is it serious enough to suspend the publication process? Ask your Higher Self to advise you if you are not sure.

Procrastination and Impatience

Earlier we looked at the psychology of addiction, habits, distractions and resistance. Now let us examine more closely the issue of procrastination.

Why do people put off doing things that they know are beneficial to their soul growth, happiness and well-being? Perhaps you could say it is a combination of the things we already discussed, all rolled into a single emotion: FEAR. In addition to becoming "comfortably numb" and attached to predictable outcomes, there is the belief that the future will be like the past, so it really doesn't matter when you act; there is always tomorrow.

You have the two extremes, those who want everything now (instant gratification) and those who constantly delay their rewards through joyless saving and preparing for doom.

Effective time management involves finding the balance point between extremes. No, there is not plenty of time to act, at least not in the linear world. At the same time, rushing into things based on fear, or demanding everything happen immediately based on instant gratification, are losing propositions.

The real issue here is the fact that you live simultaneously in a realm where there truly is unlimited time, and a realm where the only time that exists is now, so now is the only time to act. You simply cannot put things off until tomorrow because tomorrow never comes.

It is little wonder that most people are confused. Young people resist setting and achieving goals in favor of living in the present moment. They study religious and spiritual methods that reinforce the idea that you should "be here now," so why worry about the future?

A successful person overcomes procrastination by listening to the Higher Self and following the course of action laid out by the Self that knows how to balance linear and nonlinear time.

When the little self goes out of balance by trying to "push the river to the ocean" (impatience), or stagnating in a warm pool by the river (procrastination), it needs a dose of reality given by the Higher Self.

The wise Self knows that impatience leads to later health problems, and getting attached to the warm still water of the tidepool (living it up today with no thought of tomorrow) eventually results in death and decay.

On the issue of impatience, a lot of young people are growing up in a world of the internet, smart phones and instant telecommunications. They might expect things to always be at their fingertips. Another less obvious issue involves the "starseeds," souls that came to Earth from highly evolved civilizations. Such souls are used to being able to command the elements through thought and directed energy. When they come to Earth, these abilities are usually suppressed (by the frequency fence) and suddenly they must put a lot of physical effort into making things happen.

This is one of the reasons the veils are there in the first place. If you grew up knowing that you have unlimited power and yet that power seems to be out of reach (due to the clumsy nature of developing the human body), this could produce a great deal of frustration and impatience. You can observe this in the way a small child gets angry when things do not happen the way he expects.

There is a reason certain aspects of higher truth are not revealed to the aspiring student of metaphysics until a certain time. If an arrogant disciple is given unlimited powers and abilities before inner wisdom is developed, the results can be disastrous. A true teacher knows this and that is why he might withhold or restrict certain teachings until the time is right.

Impatience, when taken to an extreme, becomes obsessive/compulsive behavior. This is akin to blindly diving into a shallow pool without first considering its depth. You are likely to hit your head or even break your neck.

Many who swing to the extremes (procrastinating or becoming obsessive/compulsive) did not receive healthy role models growing up. Perhaps their parents were unbalanced to one extreme or the other. Combine this with the onslaught of new technologies and you have a recipe for disaster. Little Johnny must have the latest iPhone and new improved video game or he will become depressed.

We are not suggesting technology be abandoned or rejected, but it is important to slow down and appreciate the beauty of each moment. If you are a parent, first find a balance within yourself

and then demonstrate it to your children through right action, patience and healthy risk-taking.

Failure to Set Boundaries

While we are on the subject of parenting, this is a good time to bring up the idea of setting boundaries.

It might seem a contradiction to say that everything is connected and One and then go on to suggest the need to set boundaries. After all, doesn't this imply that there is separation? Yes and no. Boundaries do not negate the fact that there is only God and that each of us is an expression of that One Being. However, in this world of little ego selves, it is important to have some restrictions in place to prevent the ego from attempting to control and manipulate everything.

At some point in your spiritual development, boundaries become irrelevant. Your Higher Self is in charge and knows exactly how to behave in the company of less enlightened souls. There is no arrogance and judgment. You are not better than those around you. However, you learn the true meaning of "Do not cast your pearls before swine." This means do not waste your time trying to force souls to wake up faster than they are ready.

If you are around negative people, such as relatives and in-laws, you must find a balance between putting up with negative behavior and trying to force them to change. This means having healthy boundaries. You are in the world but not of the world. You participate in family traditions without getting caught up emotionally in the drama and trauma.

You embrace the joy and triviality without getting bogged down. After all, who you are is far greater than anything taking place around you. Enjoy it, bless it and transcend it.

More on Handling Distractions

When we talked about distractions earlier, we did not mention specific techniques for overcoming them. Perhaps the best method involves breathing rhythms. When you are focused on your breath, it is easier to eliminate distractions. Of course, this is assuming you have already created a sacred meditative space and have a quiet environment for working on your creative projects. It is essential to communicate clearly to those who would be tempted to interrupt your meditations and creative endeavors. Make sure your telephone is silenced and everyone in your household knows that this is your quiet time.

If your creation involves significant time in front of a computer, it is important to have frequent breaks for stretching and exercise. Become aware of how the electromagnetic frequencies are affecting your meditation and creative time.

To repeat, it is important to have not only a clearly stated vision and purpose, but an overall outline of what it is you wish to accomplish. If you have set aside a time for spiritual practice, and another time for working on a business or creative project, it is important to set aside the same time every day, or reasonably close to it, for both of these, so that your body, emotions and subconscious mind get used to the routine.

As stated previously, if you do get distracted, remember to love and accept yourself throughout the experience. Resolve to remove the distractions immediately without coercion or force.

More on the Nature of Discipline

Once again, we are repeating, in a slightly different format, some ideas presented earlier. The

most important part of discipline is the creating of a proper environment in which learning and creativity can take place. In addition to being in a space where interruptions happen only in emergencies, your study habits must be assessed. Do you work better with soft background music or chanting, or with complete silence? How do you deal with the wandering mind that keeps distracting you with thoughts of what you will do after your creativity session?

Perhaps you use regular affirmations to help focus your mind. If an unpleasant emotion comes up during a difficult part of your project, do you have an affirmation or breathing technique to handle the emotion? Can you tune into your body, emotions and mind to determine when you are overdoing it? Remember that trying too hard to create something is a block. Are you tuning into your body to determine if you are doing too much or not enough? If you are restless or nervous, you might need to become more active. If you are tired or exhausted, you might be doing too much. When you first get up in the morning, are you enthusiastic about your day? If not, what is the reason?

You will need to seek answers to these questions as they arise. Your body's own intuitive feelings will tell you a lot about what is going on in the deeper layers of your consciousness. What does "pushing the river to the ocean" feel like in your body? How does stagnating in the warm tidepool feel? Learn to recognize your personality type and modus operandi when confronted with challenges. Get to know your resistance intimately, but do not become a "processing junkie." Take breaks from working on yourself. Go have some fun if you are taking yourself too seriously. Roll up your sleeves and get to work if you are taking too many breaks, and find out why you have resistance to moving forward.

If you read and re-read this chapter several times, you will have everything you need to overcome obstacles to your creative process.

Channeling #10 — Message from the Founders

Greetings, dear Creators, we are the Founders. As you can see, this channel is keeping things practical. Although once again we echo the paradox that linear time is ultimately an illusion, you have chosen to immerse yourself in a world of illusions and you must learn to function within the dream in order to communicate with your brothers and sisters who are still asleep. This means pretending to believe in this world temporarily until the need to communicate with it is over.

Time management means learning everything you can about how to be in the world but not of the world. You go from believing time has control over you, to realizing that time is merely a tool for experiencing the lower realms. Once you master the art of being in linear time, you withdraw your belief in the illusions of the world. Now you are no longer a slave to linear time; you are no longer bowing down before this false god.

Go joyfully through the process of prioritizing and scheduling, realizing that it is only a game. You will master the art of time management even as you rise beyond time altogether.

Join us now as we assist you in transcending time and entering the ecstatic realm of timelessness.

We are the Founders. Good day.

Chapter 13 — Going Beyond Time — The Nature of Timelessness

In this chapter we will explore the following topics:

- What is Beyond Time? — (a) the universe is multidimensional, (b) the non-dual dimensions, (c) stages of enlightenment, (d) conclusion

The Universe is Multidimensional (Revisited)

Previously, we discussed the model of reality known as the multidimensional universe. We defined "dimension" as a realm or condition of time-space in which certain laws, principles and processes occur in a consistent manner regardless of the laws, principles and processes of other dimensions.

The lower dimensions are contained within the higher ones. The best analogy is the concepts of sets and subsets in mathematics. If you are already familiar with this idea and have read the earlier dissertation on sets and subsets, you can skip to the next section.

Let us assume that the complex number system includes all mathematical numerical models. In other words, all numbers used in all the various mathematical processes are contained within the complex number system. The analogy is that the complex numbers are like an infinitely large bubble that represents all of Creation.

There are laws that apply to all complex numbers and hence, all mathematical values and equations. For example, the principle of "quanta" states that all non-infinite values encountered or derived within a mathematical model will have a specific value or quantity — for example, the values "square root of negative four," "the integer 28," "the decimal equivalent 12.037," "the value of pi," etc.

However, there are smaller subsets of the complex number system (analogous to lower dimensions within the infinite universe). Such subsets also have infinity, but now special rules apply to these subsets. For example, an "integer" is a value that, when derived from the division of two numbers, yields a whole number (not a fraction or irrational number). In order to be a member of this specific subset, such a condition must apply. Obviously, the quotient of eight divided by four is an integer because it yields the whole number two. However, the result of eight divided by five is not an integer (1.6).

Therefore, a lower dimension, analogous to the subset of integers, has consistent rules and principles within its construct, and it satisfies the principles included within the higher dimensions. That is, all integers are contained within the complex number system.

The integers are also infinite, but it is infinity within certain limits. Think of a bubble with an infinite numerical sum, contained within a larger bubble with an infinite numerical sum.

We apologize if abstract mathematics is not your cup of tea, but we want this discussion of multiple dimensions to make sense in an abstract way. When souls raise their consciousness beyond that which you call "third-dimensional reality," you know that their higher experience contains all planes and sub-planes of third-dimensional reality, but also experiences that are beyond the domain of the third dimension.

Now that we have definitively established the concept of higher and lower dimensions using a mathematical analogy, let us explore some of the laws, principles and constructs of each dimension.

We decide that the first dimension of our specific model is the universe of non-organic consciousness. This is not to be confused with the geometric model of a line, or the idea of magnitude that is typically called the first dimension in traditional geometry.

In our specific model, the first dimension would include minerals, rocks, crystals, and a majority of the elements in the periodic table in their natural or combined states. In the earlier works, we simply designated the first dimension, "the mineral kingdom."

The second dimension, known as organic plant life, has laws and principles specific to its realm that are "above and beyond" the laws of the mineral kingdom. However, in our model system, we are including the mineral kingdom in the sense that a world containing plant life would also contain various minerals. In this model system, the idea that all lower dimensions are contained within higher ones is not entirely accurate because there are specific characteristics of minerals that do not satisfy the specific definition of plant life. However, the basic concept remains and we will leave the definitions of the lower three dimensions intact.

The third dimension, known as "animal life," includes the lower human instincts that are essentially equivalent to animals. While again, there may be specific characteristics of plants that do not correspond directly to animals, we will, nevertheless, assume a third-dimensional planet would contain plants and minerals in addition to animals.

A "third-dimensional human" is one that has a dominant consciousness focused on animal instincts, including procreation, competition, and "survival of the fittest" (meaning domination and control over the "weaker" members of the species). If you observe the current state of humanity you will find that approximately three-fourths (75%) of humanity seems dominated by third-dimensional attributes.

In the previous books, we differentiate between "dimensions" and "densities." We say that a dimension is a realm of existence, while a density is a specific vibratory state that normally correlates or corresponds to that equivalent dimension. However, it is possible for human beings to vibrate at density levels higher or lower than the dimension in which they are experiencing their incarnation. For the sake of simplicity, in the descriptions of dimensions being used in this chapter, we will assume densities and dimensions are equivalent.

You will recall from our previous discussion that human beings, as expressions of the Divine, reside in all dimensions simultaneously (in nonlinear time), while seeming to evolve from lower dimensions into higher ones (in linear time). The levels or dimensions that have been activated within the consciousness of the individual soul determine the density level (vibration) of that soul. This is a fancy way of saying that you become what you focus on. If your dominant consciousness is that of the animalistic experience of the human being, then you will vibrate at a level three density.

There are two model systems regarding the fourth through sixth dimensions. One is the standard model that says the fourth dimension is the highest level of "maya" or illusion, and the lower four realms are called the worlds of duality. Such a system would assert that the astral, etheric and causal realms are within the fourth dimension.

The other model system (that this author has been using) involves a six-level duality, where the three subtle realms are given the designation fourth (astral), fifth (etheric) and sixth (causal).

Returning to our sets and subsets interpretation, the astral plane (level four) has specific attributes that distinguish it from the other levels; namely, various sub-realms that outpicture the

unresolved issues in the subconscious mind and emotions. In other words, the experiences of the soul that are denied by the conscious self tend to accumulate in the subconscious mind of the soul and are then projected out into the astral planes. These denied expressions of soul energy enter what has been termed “purgatory,” “hell” and other seemingly infernal realms. Of course, there are pleasant sub-planes within the astral and this has led to the warning issued by many teachers that the upper astral planes represent a “false heaven.”

In the astral planes, you can become possessed by negative entities, which are soul fragments that wander through the various planes and sub- planes looking for someone or something to attach to, control, dominate or merge with. While this may ultimately be an illusion, if you are immersed within the belief systems and consciousness of the fourth level, you will be subject to the laws and principles of such a place. Let us use yet another analogy.

In order to transcend the law of gravity, you must rise above the Earth plane far enough out into space to be away from the attractive force of large heavenly bodies. Subsequently, to go beyond the confines of the astral planes, you must rise above them in consciousness, entering the etheric planes (level five).

In the six-level model of the lower realms, the etheric plane, which represents level five consciousness, is still within the region of corruptibility. In other words, the etheric body (fifth density) can go out of balance and become a source of pain and confusion almost as easily as the astral body.

The etheric plane contains the source of electromagnetic energy and produces various EM grids and energy patterns, including the “body electric” or EM grid system of the human body. The meridians, acupressure points, EFT tapping points, etc., are all part of the etheric blueprint of the physical body. The astral body is a denser form that is just beyond the physical and is sometimes seen in medium-speed cameras. The etheric body represents a higher octave than the astral, but has a similar geometric pattern of energy that configures it.

The causal body (corresponding to the sixth dimensional causal plane) is the last level that can become corrupted (imbalanced). In other words, discordant energy patterns that promote chaos over order can reach into the causal planes because these realms have a carryover effect from other timelines. Put another way, this is the karmic realm. If you have karmic lessons from earlier lifetimes, these unresolved issues show up in the causal body.

The causal planes are the home of the Akashic Records, which contain a vast storehouse of knowledge pertaining to the workings of the universe. Also contained in the Akashic are the records of every soul’s incarnations on Earth. Psychics accessing the Akashic can learn exactly how many lifetimes you have had and on which planets and star systems, as well as the karmic lessons learned in those lifetimes (and lessons that remain unlearned as well).

Time in the Subtle Realms

The nature of time-space in the astral, etheric and causal realms is quite interesting. As a general rule, the natural harmonic time compression principle applies to these levels, meaning that time moves more quickly in the etheric than it does in the astral, and more quickly in the causal than it does in the etheric, etc. In the causal planes it is easier to manipulate time- space and adjust it to suit your desires. Free will applies to some degree in the subtle realms but it becomes less relevant as you move into upper sixth density vibration. Those who are nearly evolved to the level of pure soul essence (the seventh level) are usually relying on the Higher Self continuously (which represents levels seven through twelve).

To most souls who have evolved to level six, there is only God's Will. Theoretically the ego still has the ability to draw the soul back down in vibration, but this rarely happens once the consciousness of a soul has evolved beyond the middle of level six.

Time in the Higher Realms

As you evolve into levels seven and beyond, time takes on a whole different meaning. It becomes more fluid and flexible. You are able to expand and contract it as needed. God's Will completely takes over and uses time to help souls awaken on Earth and other planets. As mentioned previously, archangels in the eighth dimension can expand time greatly in order to render assistance on planets like Earth, and then contract it when they return to their realm. They have the ability to travel freely throughout all levels and dimensions of time-space while at the same time respecting the free will of souls evolving on the various lower worlds. In the higher realms, you truly become a master of time and space.

The Non-Dual Dimensions

The higher dimensions (levels seven through twelve in this author's model system) operate under a very different set of rules and principles than the lower six levels. It is difficult to put this difference into words, as all Earthly languages are extremely limited in this regard. Generally, when the word "timelessness" is used, it is referring to the state of time that exists within these upper levels.

Perhaps it is easiest to think of levels seven through twelve as continuing the natural harmonic time compression. This means that level seven will move a lot more quickly than level six, level eight a lot more quickly than level seven, etc.

In the Bible it says God created the heavens and Earth in seven days (six days plus a day of rest). While this is likely allegorical, it could be construed to mean that to God at level twelve, it seemed like seven days even though many aeons have passed. One second in level twelve God time might equal a bill ion years in Earth time.

But it is more complex than that, and more mysterious. Time becomes more and more nonlinear as you go up through the dimensional continuum. It is possible that you might be able to view a billion years all at once from that vantage point and then expand time in a particular domain or region of time-space in order to experience it in a more linear fashion. This is essentially what the archangels do when they come to Earth or other planets where they render assistance.

Dimensions seven through twelve are generally considered the "non- dual" levels of being because there is no comparison or contrast between elements. Things are not good and bad, right and wrong, light and dark, etc. There is simply a state of existence and an all-pervading Divine Love penetrating every part of the continuum. This Divine Love also permeates the lower realms, but it is not possible to accurately perceive or experience this Love if you are trapped within the dualistic levels one through six.

When you are able to expand or extend your consciousness to include all the levels of the multidimensional universe, you enter the realm of timelessness. The good news is that you do not need to be vibrating at level twelve in order to do this. In fact, you do not even need to vibrate at level seven. As soon as you transcend the linear mind (level four), you can become

aware of the totality of Creation existing in this eternal NOW moment. You are everywhere at once. You are every WHEN at once. There is complete freedom from the realms of linear time-space.

Timelessness occurs when there is no movement of consciousness. There is nothing to compare to anything else if there is no movement. Yet within this absolute stillness there is supreme awareness. Everything exists in this timeless moment. Think of it as an infinitely tiny space, a singularity, and this singularity exists everywhere in time-space and beyond time-space.

Your conscious mind will be unable to grasp this idea, but a part of you is always experiencing it no matter what is going on in the world. At the center of your Being, like the eye of a cyclone, is absolute stillness. There is no time or space in the center. Therefore, the center has always existed and will always exist. There is no "past" to compare the "present" to, and no "future" to look forward to. Yet, there is an unfolding of Creation taking place. The static state is extremely dynamic. We know this sounds contradictory and hard to understand. That is because you are conditioned to view reality from the linear perspective.

The idea of infinity is similar to eternity or timelessness. While you have a general idea of what infinity is, the concept that something goes on forever is antithetical to the intellectual mind. Therefore, to grasp the meaning of timelessness, it is necessary to quiet the rational mind and go beyond it into direct experience.

Stages of Enlightenment

There are many definitions for enlightenment. Some of the more common include the literal definition — to be fill ed with light. However, there are those who would argue that everyone is already fill ed with light and, therefore, everyone is enlightened. This might be true on one level, but if a soul does not realize his enlightenment, it could be likened to a hungry man with a plate of food in front of him, but his mouth is closed and taped up.

Taken as a physical state, enlightenment could mean the transfiguration or translation of the human form into a higher state that seems to be pure light. However, this author prefers the term "physical ascension" to describe those who are able to prepare their bodies to receive enough light to overcome the principle of entropy. In other words, the decay and eventual death of the body is stopped by increasing the prana, or life force energy, coming into the body until it matches or exceeds the rate of degeneration caused by entropy.

There are previous books that deal with the subject of physical ascension. In this book, we will examine the various states of enlightenment that are most relevant to our discussion of time.

We will start with the basic definition: Enlightenment is a state wherein the mind is fill ed with the light of higher understanding. This is a starting point. There are many states beyond this. We will detail them below.

It is often asked, "What is the difference between enlightenment and ascension?" The main difference is that ascension is an energetic (and sometimes physical) process, while enlightenment is considered a state of consciousness or condition of the mind.

Using the idea of mental enlightenment, let us describe below the various stages a student of truth will typically go through in order to attain self-realization (as defined by eastern philosophies and as adopted by this author.)

1. Linear Satori — Glimpses of Higher Dimensions

The first stage of enlightenment generally does not have very much to do with either physical or psychological time, but is more of a temporary opening into higher states of perception. The mildest form of linear satori involves just the basic idea that there is more to reality than the carefully constructed "story" of life — the daily humdrum existence of physically waking up, following a preprogrammed routine, getting ready for work or school, going to work or school, coming home, turning on the television or computer, etc.

Something interrupts this rather boring three-dimensional timeline, perhaps during meditation, yoga class, a trip to a sacred site, or an experience with recreational drugs. Linear satoris usually have a trigger, such as an unexpected event, a "chance" encounter with a teacher, a life- changing loss, a job change, etc.

The Higher Self often plans these experiences as a way of getting the soul to make a significant change in life. This author's computer career in the 1970s started showing cracks when he had repeated spiritual experiences showing him a mission very different from the one he was on at the time.

During a satori experience, consciousness expands and the human being is able to see a broader spectrum of time-space, much like climbing a little way up the tree in the forest above the trail. However, in a linear experience, there is still a sense of time, but it is viewed from a higher perspective. A rush of energy goes through the body, or one sees in the mind's eye a field of bright light, or perhaps a being from higher dimensions carries a message. Some might describe it as God talking to them, or having a sudden inspiration.

When this author had such an experience, there was a distinct feeling that he had a much larger mission than to continue in the computer industry. It took him many years to complete his career change, but these linear satori experiences were the beginning of the transition.

2. Nonlinear Satori — A Brief Suspension of Time

Once this author made the decision to move in a different direction in life, things began to deepen. A few years after the initial awakenings, he began having experiences where time seemed to stop completely, become suspended, or expand into infinity. He described it as entering "vertical time" (which we now call nonlinear time). Suddenly, there was no sense of past, present and future, just an eternal NOW that extended forever in all directions. The linear "story line" of his life ended, at least for a few moments, but those few moments were all it took to radically alter perception for a lifetime.

It was at this point that the familiar world was seen to be an illusion, merely a drama being carried out by an imaginary self often called the "ego." Because this was a satori experience, it was temporary, at least from the point of view of the little human self. However, during the experience, it was as though this state had always existed (because it always has). The linear reality of basic human existence seemed like a mere blip on a screen, an abnormal event that punctuated the eternal flow of NOW.

When a soul is caught in the drama of duality, it seems as though enlightenment is a distant memory, or will occur in the far future, but when the soul awakens to the nonlinear reality, it is seen that this timeless state has always been there throughout the so-called Earthly life, but the soul was simply not seeing it.

Nevertheless, the "demands" of modern society soon took over and immersed the author once again in the daily routine, although by this time it was far from routine. He had arranged his life in a very different way and was actively following spiritual practices and pursuits.

The linear self at this point was able to comprehend the idea that there is a Divine Plan orchestrating life from higher dimensions and that everything that was taking place in the life of the soul was, in a sense, preordained, even though it still appeared that daily life afforded a wide variety of "choices." Such choices changed quickly. For example, a life of service became more and more important, and the things of the modern world took on a lot less meaning. Acquiring more "toys" and working long hours became intolerable, prompting physical moves and a change of friends and lifestyle.

There are many stories of souls at this stage of spiritual development. The account of Jesus telling his followers to "sell all you have and follow me," was of course distorted, but the essential meaning was to release one's attachment to the material plane and make a deep commitment to discovering the truth.

Nonlinear satori is a wonderful experience, but it is not enough. The higher state comes and goes, and for long periods the soul may feel as though he has descended again into a world of misery and despair. In some ways, this is the hardest part, the "dark night of the soul," wherein the human being knows there is far more to life than the routine, but seems powerless to break out of it.

Through repeated spiritual practice and a strong dedication to move beyond the ego, a shift eventually occurs. It might be subtle, without a defining moment. Gradually the Higher Self becomes the dominant perspective and an underlying certainty is born in consciousness — that the Divine is always present just below the surface of day-to-day reality (or just above the surface, as you prefer).

3. Linear Samadhi — Living in the Higher Dimensions

When a soul realizes, at a deep level, that the Real Self is an expression of one God, ever present (omnipresent), timeless (eternal), all — knowing (omniscient) and all-powerful (omnipotent), and this is a daily continuous reality, the soul is said to be living in a state of Samadhi.

There is no longer any doubt or fear influencing one's decisions in life. There might, perhaps, still be bodily reactions to the environment, and even an awareness of the daily dialogue of the little self, but there is no longer any identification with the false self. A tiny version of the ego may still be needed by the enlightened soul in order to communicate with human beings who are entrapped within their egos (personalities), but this is seen as merely a means of communication (temporary) until the need for such communication is no longer necessary.

The soul in Samadhi radiates love continuously from the center of Being. This person is living life from the inside out — a lighthouse shining omnidirectionally. In linear Samadhi, there is an ability to live in the world, but not of the world. This is the level relevant to the saying, "Before enlightenment, carry water and chop word; after enlightenment, carry water and chop wood." The activity, to one observing, looks the same, but the consciousness is different.

The unenlightened soul carrying water and chopping wood is suffering from an internal dialogue of worries and fears — perhaps he is anxious about the coming winter and is planning strategies for acquiring more wood, or he is preoccupied with personal matters not relevant to the tasks at hand. His motivation for his actions may be based on matters of survival, protection, defense, self-improvement, etc.

The enlightened soul carrying water and chopping wood may be simply acting upon inner guidance to take care of the body because it is useful to have a body to communicate with others

who would benefit from his services. He is not actually worried about the body, or whether he will die of thirst or freeze during the coming winter. His mind is silent and in a state of pure observation. He has become one with the water as he draws it from the well, and one with the axe as he pounds and chops. He might notice whether or not he needs to periodically rest and refresh the body, but the task becomes a meditation. He is engrossed in the process of preparing for winter without thinking about the consequences if he fails to complete his task.

There is a deep sense of peace and security within the enlightened soul. He does not need to seek outside himself for the answers, although he might rejoice in others who have also put away the limited perception of the ego. Such a soul might feel a deep compassion for those who are suffering, but the enlightened soul is not suffering. The soul in Samadhi might even experience the sensations of those around him, but there is no identification with such feelings. Therefore, he is completely dedicated to service; helping others to find their way out of darkness.

Pain, an inevitable part of life on Earth, is still experienced by the soul in Samadhi, but there is no resistance to the pain and hence, no suffering. If called upon to plan something, the enlightened soul will use linear time as a tool to better the quality of service, but is not attached to time. There may be a sense that it comes and goes. A minute might still seem like a minute if such a soul is dedicated to a task — for example, he can chop 100 kilograms of wood in two hours, so he notices that if he works for six hours he will have enough wood to last three weeks during the cold weather — but there is no emotional attachment involved.

During meditation, the soul in Samadhi will leave the world behind and commune in silence with the Creator. With no place to go and nothing to do internally, time comes to a stop when it is not needed and thus, the nonlinear version of Samadhi takes over.

4. Nonlinear Samadhi — Living from the Higher Self

Most souls on Earth think of their Higher Selves as some sort of being that they can call on to help them, like a benevolent father figure or God that sits in the sky evaluating their lifetimes. There is a sense of separation between the human being and Higher Self even if the soul is aware that the Higher Self is orchestrating the spiritual path and events that unfold within it.

When a soul moves into nonlinear Samadhi, the little self no longer exists (it never really existed in the first place). The little will becomes God’s Will; the little self merges into the God Self. There is only an all — pervading Presence. There is only consciousness in its many varieties and forms.

There is still a process of Creation, a continuous unfolding, but it does not depend on time. This is the state of true timelessness. It is often experienced as a kind of ecstasy, supreme happiness, a great joy. Everything is seen and experienced as an expression of God — not as a concept, but as an actual reality. A leaf rustling in the wind becomes a thing of great beauty. A cloud passing by becomes a symphony of subtle colors and movements. If there is a physical body, it does what it needs to do based on God’s Will for the Creation. It is merely an extension of the Divine, used only to communicate with other bodies for a while until it is no longer needed.

The body might physically ascend into a more refined vibration, but the consciousness is free of the need to become better or more refined. It is free to explore the universe, without bound or restraint, regardless of what the body is able to do.

At some point, the soul might attain what is commonly called the state of the avatar. This author defines “avatar” as a state of ninth density consciousness (or higher). Typically, the avatar

can perform so-called miraculous feats that even most yogis only dream of — such as teleporting the body, manufacturing a new body from the elements, and even bilocating (creating more than one body).

A soul in Samadhi is not concerned with developing psychic abilities, but may display them if the Higher Self deems it appropriate. If manifesting things out of thin air helps teach a lesson to the students, this can be performed. The enlightened soul is not concerned with demonstrating higher powers. He does not desire to be worshipped or made into a guru or messiah. He might even consider himself to be ordinary and unremarkable.

The enlightened soul does not experience any sense of separation. There is one God and one humanity, extending itself as individual life forms. Each life form is the wholeness of God uniquely portrayed as a vibrating matrix of energy.

Everything is exactly the way it is. This simple statement might seem absurdly obvious to one who does not really understand it. Yet at the same time, this statement is profound. In this moment, every detail of the Creation is manifesting in the perfect way at the perfect time. The Creation itself is beyond time. It merely is. If there appears to be movement or evolution, such is exactly as it is meant to be. There is no sense that anything should be different, or more, or less.

If there is an observation of goals, objectives, desires, etc., such a movement is simply part of the cosmic dance. It has no life in and of itself, but rather, is seen as the coordination of the Divine in action, again, unfolding in perfection.

5. Mahasamadhi — The Supreme Enlightenment

Perhaps it is foolish to write about this subject, since the state of Mahasamadhi is far beyond anything that can be written. After all the word “tree” is not the thing described. Anything that can be described here is beyond the description.

However, it is possible to point to that which is unknown, and even that which is unknowable. You might rightly ask, “How can you seek to know the unknowable? How can you experience it?” You can’t. Yet such a realm exists. “How can you know it exists?” We cannot answer that adequately.

Krishnamurti said, “Truth is a pathless land.” Again, an intelligent response to this would be, “Then why do we seek to attain it?” Osho (Rajneesh) would say, “You must seek until you realize that you are already what you are seeking.” And the Hopi elders once said, “You are the ones you are looking for.” Osho also said once, “The last desire to be overcome is the desire for God.”

It’s true. There is no path to the ultimate state of enlightenment. How can there be? All paths suggest there is a destination, something up ahead in the road that will satisfy all cravings. A place of Nirvana, set apart from the rest of Creation. Such an idea is the very foundation of the belief in separation. How can we seek God if God is everything? It is impossible not to find God. Can you avoid finding the air, or the sun?

You can certainly believe that not everything is God. You can believe in a devil. You can believe there is a force opposing God that can take you away from truth. But you can also believe that the sun is gone when night arrives or a storm takes over. Yet a short distance away, the sun is still shining as always.

You can hide from God, but who is hiding? God is playing tricks with itself. One aspect is pretending to be separate from the other aspects.

You are probably saying, “Mahasamadhi is not for me. I’m just an ordinary human being

trying to make sense of this crazy world." But remember the paradox. The only place enlightenment can possibly be is in the eternal NOW, and that is the only time there is. Therefore, you must already be enlightened and have simply not realized it. This is why the great teachers use the term "awaken." The world is a dream. It is a holographic projection of a single point (according to quantum physics). It is not real. Yes, there might be vibrating energy, interpreted by the brain as something solid "out there." But there is no out there, out there.

Everything exists within the mind of God.

To realize Mahasamadhi, you must let go of all labels and definitions. All seeking must cease. All thoughts must go. "Enlightenment is not what you think" (from a Zen master). When the mind falls completely silent, then there is a possibility that enlightenment will come, by the grace of God, uninvited, unsought and unattained. There is no movement, no path, no method, no process, no idea, no belief, no nothing.

In the supreme state of enlightenment, every moment you are born again (although there is no "you" to be born again). Creation unfolds in perfect form, yet there is no form. Everything is brand new, as though you are seeing it for the first time. There is no comparison, no judgment, no decisions to be made, and no way to describe it. Hence, this section of the book essentially serves no purpose, although it might appear to be included as a way to help the author and his readers wake up to this truth. But can you see that this is a movement away from truth? Any attempt to "do" something lands you in deep "do-do."

Total surrender is the only thing you can "do" and that requires doing nothing. We're not talking about the lazy, do-nothing approach to life, which is really a rebellion against the work ethic. Most people who "do nothing" are actively doing a lot; perhaps they are busy repressing their resistance to the life they lived before they "checked out" of the rat race.

Enlightenment is the most ordinary thing in existence. It is so ordinary as to be extraordinary. It just "is" underneath all the attempts to be somebody or something. It is the strata that underlies all things, the Bose- Einstein Condensate. It is absolute stillness.

There are, perhaps, just a few souls on Earth who have realized this state. How did they get there? That question cannot be answered, except to say that when they are ready, God is ready. Awakening just happens. You cannot really prepare for it because you cannot know it. It is beyond knowing. This author cannot know it, yet somehow, he can write about it. But the writing is not the thing written about. We cannot show you truth, we can only point the way to a greater understanding.

Continue to search. Continue to seek. Continue to unravel your conditioning and programming. There is nothing else you can do. The rest is in God's hands. Enough said.

6. Integration with the World

Since there are a few supremely enlightened souls in this world (or at least there appear to be since the unenlightened cannot really know for sure), they must have a way of being in the world while at the same time being so completely beyond everything they perceive in this place.

Although Jesus has said, and we have repeatedly stated, that you must be in the world but not of the world, how do you really do that? If there is nothing to do and nowhere to go, how can you exist here at all? What does the life of a supremely enlightened master look like and how can you tell the ones that are genuinely enlightened from those who have merely accumulated a lot of knowledge? Well, you can't, at least from an intellectual point of view.

When this author used to spend time sitting under an oak grove with a few hundred people

listening to Krishnamurti speak, it was clear that the vast majority of those gathered were sitting in their heads, taking mental notes about every word uttered from this little man's mouth. Yet something magnificent was taking place that went unnoticed by the intellect. After one particularly long talk, the author observed that the world seemed more real, not less. Everything was more alive, vibrant, fresh. He did not try to bring this about; it just happened. It was not the man on the podium that did this. It was not the mind. It just happened.

The experience did not last long. There were things to do in the world, such as return to the parking lot, drive to the restaurant or hotel, talk with the others who came along, perhaps discussing some pertinent detail of the message from the little man. Yet the memory of the experience was still there. Of course, memories are not enlightenment, even if they are a remembrance of a "peak" experience (satori).

Perhaps it is not possible to remain in a deeply enlightened state while attending to the business of the world. It could be that the true master vacillates between Mahasamadhi while meditating, and a state of Samadhi while conducting business in the world.

There is a reason that it seems very few avatars ever come to the Earth. Let as assume, for a moment, that there are great beings who are essentially unlimited in what they can do, and who are also fully enlightened, free of everything. Why wouldn't they all descend upon this sorry place and do whatever they can to lift up struggling humanity?

First of all, they are probably not allowed to intervene, except in the manners set forth already, such as teaching in ashrams, sitting by the road, etc. Second, they cannot transmit the state of enlightenment simply by talking about it, or performing some magic act. Third, it is entirely possible that spending too much time in the world puts them at risk to "forget" who they are. In other words, the negativity of the world tugs at them until it begins to take a toll on their purity.

Most enlightened teachers must balance their time in the world with their time in retreat. Perhaps they come down from the mountain briefly, just long enough to bring forth a discourse or method (knowing full well that discourses and methods cannot bring enlightenment). Yet, they must communicate at a level that people can understand. You cannot teach a hungry man about enlightenment; you must feed him first. Before you do that, all he is thinking about is his stomach. Hunger is a distraction on the path, even hunger for enlightenment. Yet every seeker must start with the hunger for liberation.

Conclusion

This book has probably raised more questions than it has answered, but that is the nature of time — so simple in the linear, everyday reality we take for granted, but incredibly mysterious when fully examined.

Why is it even necessary to understand time? Isn't the current structure of society working fairly well from a time-management point of view? No, not really. The cause of all the world's problems is the belief in separation from God, and nowhere is this belief more prevalent than when viewing the nature of time-space. "Not enough time" is the number one excuse given by people to explain their so-called failures in life. The number two excuse, "Not enough money," would be solved if the first excuse were shown to be false. What a paradox! We have infinite time, and yet we have no time. Time is not running out — it ran out when it was created.

The only reason it seems there is not enough time is because of our limited perception of ourselves. If we are One with God and One with Everything, then we have access to all time-

space realities. The concept of natural harmonic time expansion gives us the ability to expand time as much as we need to accomplish our so-called goals and objectives. It is our attachment to a limited set of beliefs about time, and the pressures of the work ethic and dictates of the state that reinforce those beliefs.

We are conditioned to belief that we must strive to become better and better, work harder and harder, until we realize that such belief systems make us rats in a maze, or hamsters in a cage, going nowhere fast.

It is the author's hope that this book will shed some light on the nature of the larger reality that encompasses this illusory world and the myriad of false perceptions that come with it. The work is by no means complete. We encourage you to re-read the material as many times as necessary in order to comprehend the ideas presented herein.

If the words contained here help expand your awareness and make you realize that you have been trapped in a cage with an open door to freedom, then the effort has been worth it. It's time to walk through the door and spread your wings in the open air of truth. So be it and so it is. Amen.

Appendix A — References, Quotes, Abstracts and Scientific Papers

Arjun Valia, Collective Evolution, December 2015

"...we know one hundred percent that superposition is real on a quantum scale."

"The maddening part of that problem is that the ability of particles to exist in two places at once is not a mere theoretical abstraction. It is a very real aspect of how the subatomic world works, and it has been experimentally confirmed many times over." (source)

"One of the supreme mysteries of nature… is the ability, according to the quantum mechanic laws that govern subatomic affairs, of a particle like an electron to exist in a murky state of possibility — to be anywhere, everywhere or nowhere at all — until clicked into substantiality by a laboratory detector or an eyeball." (*New York Times*)

This means that one particle can exist in multiple states at one time. This is best demonstrated by the quantum double slit experiment. Recent experiments have also confirmed quantum entanglement (source), showing that space is really just a construct that gives the illusion of separation. One thing that suggests there is a high probably of time travel, in conjunction with the experiment mentioned in this article, is the fact that there are experiments showing that **particles can actually be entangled through time**. [Emphasis added]

This is illustrated by what is called the "delayed choice experiment" (link).

Like the quantum double slit experiment, the delayed choice/quantum eraser has been demonstrated and repeated time and time again. For example, physicists at The Australian National University (ANU) have successfully conducted John Wheeler's delayed-choice thought experiment. Their findings were recently published in the journal Nature Physics. (source)

In 2007 (Science 315, 966, 2007), scientists in France shot photons into an apparatus and showed that their actions could retroactively change something which had already happened.

This particular experiment illustrates how what happens in the present can change what happened in the past. It also shows how time can go backwards, how cause and effect can be reversed, and how the future caused the past.

"If we attempt to attribute an objective meaning to the quantum state of a single system, curious paradoxes appear: quantum effects mimic not only instantaneous action-at-a- distance, but also, as seen here, influence of future actions on past events, even after these events have been irrevocably recorded." — Asher Peres, pioneer in quantum information theory (source)(source)

Although we do not have access to a CTC quite yet, there are good reasons to believe that this type of time travel is possible at the quantum mechanical level, and that is why I chose to mention these other experiments, to show that 'time' doesn't even really exist as we think it does.

You can access an excellent description of the delayed choice experiment using a cosmic scale

explanation here (link), which makes it easier to understand.

Why these same quantum mechanical laws have not been observed on the macroscopic level is yet to be understood, but physicists are working on the problem. For example, in 2012 physicists David Wineland and Serge Haroche received the Nobel Prize in physics for demonstrating how "quantum weirdness" could not only exist at the subatomic microworld level, but also show itself in the macro-world. At one time, superposition was only thought to exist in the inaccessible quantum world, but not anymore. We know it's possible, we just haven't figured out how. We do, however, seem to be getting closer to finding out. (source) (source)

Perhaps one day, we will have determined the key to this puzzle and be able to observe large objects like cars, humans, apples, and oranges behave in the ways that matter does on a subatomic level, and perhaps one day we will find a wormhole, or a CTC in space, to conduct actual experiments that go beyond theory. That being said, a lot of what used to be considered theoretical in quantum physics is no longer theoretical, like quantum entanglement.

Quantum Entanglement and the Non-Locality Principle

First demonstrated in a laboratory in 1935 by Einstein, Podolsky and Rosen, and later reproduced by Dr. John Bell in 1964, these scientists were able to demonstrate that when you separate aspects of a particle in time and space, and then make changes to one of the aspects, the change registers in the other aspect instantaneously, regardless of the distance separating the aspects.

"Our tendency is to think the world is out there, independent of our experience. It is not. Quantum physics has been very clear about this."

"Many highly respected quantum physicists are telling us, based on the latest research, that we are living in a hologram, that our reality is a virtual image, that it is an illusion, it isn't real."

— Dr. Amit Goswami

From the movie, "Holographic Universe," Michael Talbot and David Bohm came up with the following:

"Despite its apparent solidity, the universe is at heart a phantasm, a gigantic and splendidly detailed hologram…. What we call 'reality' is actually a holographic picture that only looks and feels real to those of us inside it."

The Work of Dr. David Bohm and J. Krishnamurti

Eastern philosopher, J. Krishnamurti met with renowned physicist, Dr. David Bohm, for a series of talks and discussions. These two men had a series of meetings over 25 years on the nature of reality. Among their conclusions were that everything we think we see in the world "out there" is merely a projection of thought, a creation of consciousness.

In essence, the findings of these researchers demonstrated the idea, put forth in A Course in Miracles, that everything exists within the mind of God, or as Einstein said, the universe appears to be less like a machine and more like a giant thought.

The Work of Nassim Harimein

Well-known, eccentric physicist, Dr. Nassim Harimein, states that he has scientific evidence

that we are all One. He has mathematical equations that describe a new unified field — of consciousness.

Dr. Harimein postulates that within every subatomic particle is a "black hole" or related anomaly that connects everything to a realm outside the normal concept of time and space. Think of every object in the universe being intimately connected to every other object through a wormhole-like link.

He also discovered that within the "space" between subatomic particles, which makes up 99.99% of everything in the universe, there is almost infinite energy.

The most important discovery he has made involves the measurements of a single proton within the nucleus of an atom. When calculated properly, he maintains that the mass/energy ratio of the proton, plus the "empty space" around the proton, is exactly equal to the mass of the entire universe. This essentially proves that within each proton is a hologram of the entire universe.

Within so-called "empty space" is the Source that connects everything. This fundamental energy is in everything, and is the Source of everything. This unified field work upholds the Non-Locality Principle of quantum physics, which basically states that within every atomic particle is the exact same point. There is truly no separation at all. Everything is a hologram of a single point, or singularity.

Dr. Harimein's work can be found at http://www.theresonanceproject.org.

The Work of Julian Barbour

British physicist Julian Barbour postulates that time and space are illusions and that what appears as movement is much the same as in film (movies). Reality consists of an infinite number of "stills" that are brought together by consciousness and organized in such a way as to give the illusion of movement. Since this movement is an illusion, time itself is also an illusion, according to Barbour.

Specific Information Regarding Precognition

It appears that human beings are capable of seeing the past, present and future simultaneously, and that we are all potentially precognitive, meaning able to foresee the future.

Dr. Dean Radin performed an experiment where hundreds of people were hooked up to a computer and their brain impulses measured. Then images were selected at random. Two kinds of images were shown: (1) Disturbing; and (2) Calm. The vast majority of the people had their brain impulses indicate correctly which images would be shown, even before the computer had randomly generated the images. In other words, if the image was disturbing, the patient registered a disturbing impulse in their brain waves before the image was even generated, and if the image was calm, the brain waves of a calm person were registered before the image was shown.

The scientists then go on to conclude that everything begins with the infinite field of intelligence (God), which already knows what decisions you are going to make. The "decision" is downloaded from the field into the brain, which then records it and projects it into a holographic "reality" for you to interact with and respond to with your body senses. This entire process takes, on average, about six seconds.

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